

Such good sense!
see p. 3



THE PORTUGAL News

Portugal's **National** Newspaper in English



25 Oct 2008 • Edition Nº 982 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

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Quirós on the money

Young Spanish golfer Alvaro Quirós has bagged the €500,000 prize money at the second Portugal Masters which took place at the Oceânico Victoria Golf Course last weekend, with a total of 19 shots under par. (See Page 64)

Seven day weather outlook

Lisbon: The capital could record temperatures as high as 26° next week, but rain is predicted from next Thursday. **Faro:** Weather will improve vastly this coming week, though rain is forecast for the end of next week. **Oporto:** As is the case in the rest of the country, the north of the country will see sunshine for much of next week, though there is a chance of showers towards the end of next week.

Time Change

Don't forget to put your clocks back one hour some time after 2am on Sunday morning.

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10 page weekly PROPERTY supplement

Clocks go back one hour at 2am Sunday



Home owners struggling to meet their monthly mortgage repayments offered deal to pay at least 20 percent less a month

BAIL-OUT FOR EMBATTLED HOME OWNERS

In a move that is likely to be followed by most other Portuguese banks, Portugal's largest bank has this week unveiled details of a novel move to save impoverished home owners from losing their homes. Not only is the deal being offered by state-run Caixa Geral de Depósitos aimed at securing the future of its clients, but it is intended to stem the increase in rising bad debts being supported by financial institutions and which have been blamed for sparking the current worldwide banking crisis.

Bail out, see p. 2



Director of CGD's Real Estate Financing, Paulo Sousa, seen here this week at a press conference where he announced the state-run bank would enter into the market of real estate investment funds. (Photo:Lusa/ José Sena)



Director of CGD's Real Estate Financing, Paulo Sousa, seen here this week at a press conference where he announced the state-run bank would enter into the market of real estate investment funds. (Photo:Lusa/ José Sena)

Hundreds of flights axed at Lisbon Airport

An average of 500 flights a month, or 150 flights a week, have been axed from Lisbon's Portela airport, the majority of which were withdrawn by TAP.

In total, TAP has cancelled 61 of its weekly flights, with other regular flights from companies including easyJet, Skyeurope, Alitalia, SAS, Clickair, Germanwings and Air Berlin also being axed.

Some of the cancelled flights have been compensated by other airlines increasing the frequency of their routes, for example, easyJet having taken over seven weekly flights to Madrid.

But still there are between 400 and 500 less flights operating from Portela, which Vitor Costa, head of the Lisbon Tourism Board described as "serious, as 90 per cent of Lisbon's tourism depends on air transport, but not dramatic, and solutions are being investigated".

From November TAP is to completely reorganise its operations and will suspend all flights on routes with poor demand.

"No TAP destination is to be cancelled", said a company spokesperson, "there will simply be a condensing of flights during the months of little de-

mand; November, January, February and March".

Within Europe, TAP is to suspend 42 regular flights, from Lisbon to Spain, Switzerland, Germany, Holland, France, Italy and Belgium.

Furthermore, nine weekly flights from Oporto to Spain, Switzerland and the UK will be closed. Throughout winter TAP's long-haul flights to cities including New York, Caracas, Recife, Natal and Rio de Janeiro will be re-distributed. Flights from Oporto to Rio de Janeiro, São Paulo and New York will also be reduced by three per week.

Diesel below €1? - Unlikely says Galp chief

This week, Manuel Ferreira de Oliveira, Chief Executive Officer of Portugal's dominant fuel supplier Galp, said he did not expect the price of diesel to fall below one euro per litre, as is the case in Spain where diesel is dropping close to the €1-mark.

Despite being optimistic about lower fuel prices, Ferreira de Oliveira does not expect reductions to reflect those occurring in Spain, where diesel can now be found at less than one euro per litre.

The Galp executive reiterated the differences between the Portuguese and Spanish markets, in fiscal terms, and confirmed that fuel tax in Por-

tugal "is marginally inferior to that of Spain", and that Portugal "is very competitive".

He further assured that the fall in prices in fuel shares would not put investments at risk, even with the price per barrel now being under 70 US dollars.

Ferreira de Oliveira explained that all Galp's investments are tested on "safe fig-

ures", and that the viability of investments is verified "based on prices for 20 years and not at today's prices".

Concerning the postponing of next year's privatization of seven per cent of Galp, Ferreira de Oliveira declined to comment, saying only "it is the Government's decision" and "it won't affect the company's livelihood".

Govt. approves regulations for state guarantee bank scheme

The Government can set salaries for senior management and determine dividend payouts for banks that receive protection but fail commitments under Portugal's new €20 billion inter-bank loan guarantee scheme, the Lusa News Agency reported on Thursday.

Details of the scheme, launched in response to the global financial crisis, were disclosed this week in a regulatory decree signed by Finance Minister Fernando Teixeira dos Santos.

Under the plan, the Government reserves the right to transform failed guaranteed loans into preferred shares that would give it the right to adopt "principles of good corporate governance" and to set salaries for top bank management and decide on dividend payouts.

The Government could also name one or more members to the board of banks that receive state guarantees but fail to meet commitments, according to the decree.

The Government has said it has received no sign that any Portuguese bank is endangered by the global financial crisis.

But the fund allows for any mortgage holder to sell their property to the fund, irrespective of whether they have a backlog in mortgage repayments, allowing them to obtain cash for other purposes.

The homes will be evaluated by two accredited and independent surveyors. Thereafter, the fund will purchase the property at the value established.

According to CGD analysts, repayments will almost certainly be cut by 20 percent, but in some instances, tenants can look forward to cutting 60 percent off their current repayments.

Should a tenant fail to pay rent for three consecutive months, legal mechanisms will be put into place which will ultimately result in an eviction.

"We think that given the current economic climate it is essential to launch this investment instrument," said Paulo Sousa, head of property financing at CGD.

The fund will also be responsible for home insurance and other costs.

It is expected that the investment fund will be operational by January 2009 and will have at least €10 million in cash to start with, reports stated this week.

In a move that could see property prices climb again, the fund will look to purchase entire apartment blocks of struggling builders for letting purposes.

Geral de Depósitos (CGD) has unveiled a government-backed investment fund that will allow homeowners with arrears on mortgage payments to sell their homes and then rent them back at substantially lower rates.

Those who choose to become tenants will be given the option to buy their homes back in the future.

Bail-out from page 1

Portugal's real estate market has this week received a timely boost which could see it rise above the current financial turmoil without too many lasting scars.

While mortgage requests and bad debt has been on the rise in Portugal in recent weeks, a breath of life has been blown into the market with news that Caixa

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Web: www.the-news.net

Distributed nationally by VASP

Member of
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The Portugal News is owned and published by:
The News Group of Newspapers Inc. Depósito Legal Nº 80258/94
Printed by: MIRANDELA Gráfica, Lisbon
Print Run (Tiragem): 22,339

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'Joana' lawyer requests police protection



A newly appointed lawyer who has taken over in the controversial 'Joana' case, has asked for police protection for himself, his client and prosecution witnesses, after allegedly being threatened. It is a request that his counterpart described as "ridiculous".

Marcos Aragão Correia, lawyer for Leonor Cipriano, the mother who in 2004 was accused of murdering her eight-year-old daughter Joana and hiding the child's body, asked for police protection after he claims to have been publicly "compared

to a dog".

Marcos Correia, who recently took over from lawyer João Grade, is representing Leonor Cipriano in a case where she has accused five PJ police inspectors of beating her into a confession, for which she was sentenced.

She denies murdering her daughter, who disappeared from Mexilhoeira Grande, near Portimão, on September 12th, 2004.

Initial reports speculated that Leonor had been caught by her daughter having incestuous intercourse with her brother, Joana's uncle, and the two had beaten the child to death before hiding her body.

No proof was ever found to sustain the speculation, nor was the child's body; the only incriminating piece of evidence was

a confession from Joana's mother, a confession Leonor alleges she was 'tortured' into giving by police inspectors.

Photos of her bruised face were released in the national press and fuelled her claims of police brutality.

Both Leonor Cipriano and her brother João were sentenced to 16 years in prison, charged with murder and hiding a body.

Five police inspectors are currently being tried, accused of alleged aggression.

António Pragal Colaço, the

lawyer representing four of the five accused inspectors, has laughed off his counterpart's request for protection by saying "this is a serious matter, not one to play with by asking for police protection."

He considered Marcos Aragão Correia's requests "ridiculous", and told the press he expected the trial, which re-adjourned on October 24th, to "reach very low levels" of behaviour.

Marcos Aragão Correia requested police protection alleging he was the target of "direct and

indirect threats, through the media", further explaining how one of the accused parties compared him to "a dog", and saying the lawyer "played around at inappropriate times and needs a correctional smack on the rump".

Marcos Aragão Correia recently affirmed he believes there is a "99 per cent" probability that the five accused inspectors will be convicted in the trial, which would result in the missing child's mother being immediately acquitted from her 16-year prison sentence.



Leonor Cipriano, mother of eight year old Joana Guerreiro who disappeared in September 2004 from the village of Figueira, Portimão. At the trial in May 2007 Leonor Cipriano and her brother João were found guilty of the murder of Joana Guerreiro. (Photo: Lusa / Ana Correia / Correio da Manhã)

Expat goes missing after UK return



British police have initiated a murder inquiry into the disappearance of a 41-year old Briton who went missing after returning to London from his home in Portugal last month.

The inquiry has been launched by Essex police after Paul Duckenfield, who was last seen alive on 15 September, failed to return to his wife and family in Portugal.

Mr Duckenfield had arrived at Stansted Airport on an easyJet flight, but then vanished.

Police have said they have arrested a 46-year old man in connection with the possible murder of Mr Duckenfield.

According to a BBC report,

Mr Duckenfield is believed to have been involved in the supply of steroids to athletes and body builders.

Police in Britain have urged anyone involved in athletics, body building or gyms, who may have had contact with Mr Duckenfield over the supply of steroids, to contact them.

He is described as white, 5ft 8ins, of thin build with short brown hair and has a tattoo on his right shoulder.

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Portugal among most unequal in 30-member OECD



Portugal finds itself among the most unfair OECD countries in terms of income distribution, according to the 30-nation organisation's latest report released this week.

"The gap between rich and poor has grown in more than three-quarters of OECD countries over the last two decades", said the report released in Paris, which gave Portugal a low rank of quotient 0.32, along with the United States.

Denmark and Sweden topped the list of most equitable countries with quotients of 0.23, and only Mexico (0.47) and Turkey (0.42) had worse grades than Portugal and the USA.

The greater the gap in income

distribution the higher the quotient is.

In Portugal, the head of the national confederation of welfare organisations CNIS told the Lusa News Agency the widening rift between the country's rich and poor was "unjust and immoral".

"We already felt that the situation was worsening", Father Lino Maia said, calling on the Government to adopt "new wage policies" and "urgent" measures to aid the most depressed areas of Portugal.

Portuguese lorry driver arrested in UK

A 46-year-old Portuguese lorry driver was arrested in the UK this week on suspicion of dangerous driving and causing an accident that involved three heavy goods lorries, two passenger vehicles, and resulted in six deaths.

The incident took place on the M6 motorway, in the north of the UK near Sandbach, between Junctions 16 and 17, at around 22h40 on Monday night.

Initial reports confirmed the deaths of two adults and three children, who had been travelling together in one of the passenger vehicles involved in the smash, and who had been killed after their car ignited on impact and they could not get out.

Police said all five died at the

scene of the crash on the M6 in Cheshire, though it was not immediately confirmed if the five were related.

Later, it emerged a sixth body was found in the wreckage, that of a tiny child, who had also been travelling in the aforementioned passenger vehicle.

The Portuguese driver, who was employed by a Spanish company, had to await the arrival of a translator before being questioned by police.



Sonae supermarkets back free bags



Sonae Distribution, Portugal's largest group of super and hypermarkets, which owns both Continente and Modelo, has assured its shoppers that, not only will it continue to offer free plastic bags to its customers, but the group has also confirmed its stance as being against ending this service.

Despite being an environmentally-friendly measure and one that reduces expenditure, a number of supermarkets are still against ending free bags for shoppers, as the PSD Social Democratic Party demanded in Parliament in January.

Sonae said that charging shoppers for bags is "discriminatory", as they already entail a 'Ponto Verde' environmental fee to ensure proper treatment after discarding.

"It is not correct to overcharge consumers by adding costs onto a service product that is already paid for", a spokesperson said.

The group also claims that by eliminating free plastic bags, "the rules of free competition are being distorted".

In its defence Sonae used Ireland as an example as how the application of ecological taxes,

which cater for the proper disposal of items such as plastic supermarket bags, did not work, and how cutting back on free plastic bags in that country only encouraged the Irish to purchase more.

Os Mosqueteiros, which umbrellas the Inter and EcoMarché chains, also defended the continuation of free plastic bags, describing it as a "service rendered to shoppers".

Within the Auchan group, which comprises the Jumbo chain and where plastic bags are also still free, the possibility of making shoppers pay for plastic bags is being analyzed.

In 1998, 17 Portuguese chain stores introduced the 'Green Bag', which is purchased for a one-off fee of 17 cents and can be exchanged when no longer useable.

Last year 'Green Bag' sales

exceeded 1.2 million units, though this did not cause any significant reduction of free plastic bags.

With the exception of 'hard discount' stores like Lidl and Minimpreço, Pingo Doce was the first supermarket chain to exchange free plastic bags for 'Green Bags', in 2006.

Pingo Doce reduced Portugal's consumption of plastic bags by 60 per cent, which translates as 400 tons less plastic deposited in waste disposal grounds, 950 tons less carbon dioxide and 750 tons less petrol and natural gas emitted into the atmosphere.

PSD's proposal, which will be re-debated in January, next year, aims to achieve a 75 per cent reduction in the distribution of free supermarket bags by 2015. Its first goal, of a 25 per cent reduction, is set for December 2010.

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Sampaio wants new UN policies to integrate Muslims

United Nations High Representative for the Alliance of Civilisations Jorge Sampaio has this week called for new policies to integrate Muslim minority communities in Europe.

In a speech to MEPs in a session on the European Year of Intercultural Dialogue, Sampaio said a gulf exists in mutual perceptions of the Western and Muslim worlds, with the former being viewed as condescending by the latter and followers of Islam, in their turn, seen as "fanatics and intolerant."

"Discrimination and socio-economic marginalisation generate discontent and intolerance," Sampaio told the European lawmakers, which aggravates existing differences and fuels ethnic stereotypes and polarisation to create more extremism.

"To tackle integration of Muslims in our European societies we need new policies at all levels. We need European action, but also initiatives at the level of national government as well as local measures."

Jorge Sampaio, a former two-term Socialist president in Portugal, also highlighted the need to develop democratic citizenship through education geared to human rights, respect for others and dialogue towards intercultural understanding.

The Alliance of Civilisations is a UN initiative aimed at creating mutual respect and understanding between nations through youth, education, media and migration projects.

TPN/Lusa

Forest protection goals more optimistic

This week the Minister for Agriculture, Fisheries and Rural Development announced that the goals set for reducing the effects of forest fires are to be brought forward from 2012 to 2010.

Portugal's goal was to reduce the amount of land burnt in forest fires to 100,000 hectares in 2010, a target originally set for 2012.

But progress has been such that officials are now optimistic the bar can be raised to an earlier date, and other future goals set for 2018 can be brought forward to 2012.

Minister Jaime Silva said, "Taking into account the efforts that have already been made and subsequent reductions in the expansion of scorched land, we will be ambitious and ask the experts to reassess goals and objectives set for 2012 and 2018".

According to the Defense Plan Against Forest Fires, which was produced in 2006, taking into account statistics from 2003 and 2005, the goal for 2012 was to bring the amount of land ravaged by fire in Portugal by annual fires down to 100,000 hectares, and 30,000 hectares by 2018.

After applying the Plan, Portugal achieved a level of forest fire response and efficiency as never seen before. In previous years the Minister believes Portugal let "three billion euros of forest burn".

Jaime Silva stressed that the goals should be brought forward as there is "no point in maintaining the objective of 100,000 hectares" by 2012 if it is achieved as soon as 2010 or even 2009.



Jaime Silva, the Minister for Agriculture, Fisheries and Rural Development making a speech on evaluating forest fire fighting in 2008 during European Forest Week at the Belém Cultural Centre on Tuesday. (Photo: Lusa / António Cotrim)

With regards to 2008, not since 1971 has so little woodland burned in Portugal during the official fire season. This year, 12,857 hectares were scorched during the fires, the lowest total

in nearly four decades.

This time last year, 16,605 hectares of woodland had been destroyed, 3,750 more than the latest figures for 2008 revealed this week by the National Forest

Association (ANF).

However, and despite the amount of burnt land being inferior to last year, and the past 37 years, the number of individual incidents was higher.

At the end of September, the ANF had registered a total of 10,912 incidents, in comparison to the 10,395 that were documented during the same time last year.

Violent crime every hour in Lisbon

It has recently been estimated that violent crimes occur in Lisbon at an hourly rate. During the first six months of this year, 4,417 violent crimes took place in greater Lisbon, equalling one every hour, with the majority happening in public places.

An estimated 2,086 public crimes and 1,280 muggings took place on the streets of the capital, from January to August.

During the summer that number increased significantly, with petrol station hold-ups tripling and post office robberies quadrupling.

There were 86 people violently attacked, 96 hold-ups on public transport drivers, 31 kidnappings or hostage-takings, 18 murders, 36 rapes and 15 bank robberies.

In total, violent crime has risen by 17.3 per cent.

Despite the resident population of Lisbon having increased by 600,000 individuals, the number of police officers patrolling the area has increased only slightly.

Warnings have been issued, with leading authorities, such as Jorge Resende, head of the PSP

Officers' Union and commander of the Loures division, Portugal's largest police squad, saying "the police do not have the means to combat the rise in violence".

This year's territorial re-organising of GNR and PSP headquarters means Greater Lisbon's PSP gained an extra 600,000 residents to protect, though the rise in residents was not accompanied by a relative rise in police officers.

Areas that were previously under the GNR's authority, including various problematic neighbourhoods from East Lisbon, Sintra and the Tagus's south banks, were assigned to the PSP.

"We are policing our designated areas without even the bare minimum", he said, explaining that Lisbon needed at least another 2,000 officers, when only 425 were recruited.



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Expressing reservations, President passes divorce law



A broken heart divorce cake devised by a Lisbon chef. (Photo: Lusa)

President Aníbal Cavaco Silva, expressing deep reservations, signed a new no-fault divorce law on Tuesday for predominantly Roman Catholic Portugal after vetoing similar legislation two months ago.

Despite alterations introduced since his August 20 veto, President Cavaco Silva said the new law

continued to enshrine the possibility of "profound injustice", especially for "the most vulnerable", like women and underage children.

In a statement accompanying his signature of the law, the President noted that the legislation sponsored by Prime Minister José Sócrates' Socialist govern-

ment had been approved by a significant majority in Parliament.

He said the new law was marred by "doubts of interpretation" that would create "difficulties" for its application in court and, "even worse, deepen situations of tension and conflict in Portuguese society".

TPN/Lusa

Cruel hoax

A thirty year old woman told her work colleagues her four year old daughter suffered from cancer, even to the extent of informing them she had died from the terminal illness. She then said she did not have enough money to cover her funeral and her colleagues organised a charity donation.

They were shocked later when they found out it was an elaborate scheme to steal money from kind-hearted people. "It all started when she said her girl had died, but a neighbour said she had seen the child" said the owner of the child's nursery,

adding "Three of the mother's work colleagues, who had given her some money, came to confirm that the girl had died. The child has no health problems and is fine" he told them.

The whole story was uncovered as a lie, weeks after the

mother had received €1,200 from a public collection her work pals from Cascais Shopping had organised. She was arrested by Alcabideche GNR last week but was released and is now awaiting trial.

Portugal's poor plummeting

In Europe there are currently 78 million people living on the 'breadline', with poverty having gradually stabilized at 16 per cent. According to recent research, it is in Portugal where the most significant improvements have been made since the year 2000.

Leading the seventh annual 'Round Table for Poverty and Social Exclusion' two-day debate was Jérôme Vignon, director of the European Committee for Social Protection and Integration, who described a sense of "impatience" throughout the event.

"The results so far are not brilliant", he said.

More than 300 participants came together to discuss the EC's

three basic measures to fight poverty: guaranteeing a basic income, politics that favour integration into the work market, and access to quality social services.

"Europe is one of the richest places in the world, but even so, it has 78 million people living on the edge of poverty. We must do more", argued Vladimir Spidla, European Commissioner for Employment, Social Matters and Equal Opportunities.

Since the EU has taken charge and implemented measures for reducing poverty, it seems in some countries the situation has even worsened, including in Germany, Belgium, Denmark, Finland, Hungary, Italy, Lithuania,

Latvia, Luxemburg, Poland, Sweden and Romania.

Only Portugal, Ireland, Holland and Malta have shown any signs of improvement, following Eurostat's guidelines.

In 2006, the last year for which there are official figures, poverty varied between ten per cent in Holland and the Czech Republic, and over 20 per cent in Spain, Greece, Italy, Latvia, and Lithuania.

In 2006, 18 per cent of Portugal lived in poverty; eight years ago that figure was set at 21 per cent. In 1994, the first year that such a study was carried out, poverty in Portugal was found to be at around 23 per cent, and has gradually fallen since.

Domestic violence kills 32 women in 2008

Between January and August this year, 32 women in Portugal were fatal victims of their partners' violence, a situation that Women's Defense Union UMAR says needs to be "seriously attacked".

UMAR states domestic violence is "an increasingly

prominent problem", for Portugal's women.

UMAR has two 'safe-houses' for victims of domestic abuse, with a capacity for 60 women, which are constantly filled. "A clear indication that the phenomenon shows no signs of stopping", a

spokesperson for the association said.

Poor schooling and inequality in the workplace, such as discrimination and low wages, are other main problems that Portuguese women face, which UMAR also says need to be tackled.

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PM welcomes renewed commitments on climate-change

Prime Minister José Sócrates has applauded the European Union over its decision to move forward on its commitments to reduce greenhouse gas emissions and boost renewable power sources in the fight against climate change despite the financial crisis, the Lusa News Agency reported.

Prime Minister Sócrates, speaking to journalists after an EU summit in Brussels on the issue, said the bloc's leadership had made its determination "very clear" to advance with its "energy policy" and global leadership on the climate-change front.

The "maintenance of objectives" set last year for greenhouse gas reductions and growing use of alternative energy sources had been reaffirmed at the meeting, Prime Minister Sócrates said, adding it would have been an "error" to alter EU goals for the sector because of the global financial crisis.

Those who see the fight against climate change as "a weight" on their economies suffer from "poor vision", he said.

Among other measures, the EU agreed last year to reduce greenhouse gas emissions by 20 percent in relation to 1990 by 2020 and to increase its supply of renewable energy to 20 percent of total consumption.

In the summer, Portugal was reported as being one of the most evolved countries in the world in terms of environmental politics, positioned in 18th place, amongst 149 nations studied for the Environmental Performance Index (EPI).

Created in 2006, the EPI is based on 25 environmental indicators, including quality of water, disease, pollution and natural resources.

Carried out by two leading American Universities, Yale and Colombia, sponsored by the European Committee and World Economics Forum, the main aim of the EPI is to understand which political objectives are being achieved and which are viable.

Most European countries emerged well-positioned in the 2008 ranking, unlike China and the USA.

Switzerland leads the listing, whilst Nigeria takes last place.

Numbers are compared by regional averages and values of wealth per capita, which means richer countries, such as the USA, are wrongly applying their wealth, in terms of the environment, particularly concerning pollution, resources, energy and climate change indicators.

It also signifies European countries have environmental politics that are more sustainable; though lose out on biodiversity topics.

According to the EPI, Portugal topped up a total of 85.5 points, placing it above other countries that are considered more advanced than Portugal, like Italy and Spain.

In a related story, and with news that spring is already lasting ten days longer, a leading Portuguese expert forecast that summer could last between five and six months by the middle of this century.

The official 'bathing' season, which commences on June 1st



Members of a theatre group stage a rally disguised as penguins under the motto '2 Degrees is too Much' in Barcelona on 9 October. (Photo: EPA / Toni Albir)

and ends on September 30th, may have to be forced revised as thermometers start hitting the 30-degree mark earlier in the year, with temperatures in their mid-20s lasting well into October.

According to one of Portugal's leading specialists in climate change, "With the rise in average temperatures, what we know as

summer will be extended. Within the next 50 years, we will have five or six months of summer as opposed to two or three", explained Filipe Duarte Santos.

Since records began in Portugal, January 2008 was confirmed as the second hottest ever.

Thermometers were also 1.3° above the usual January average,

additional data showed.

Portugal was, in 2006, singled out in the Stern Review as being one of the European countries that will suffer most from global warming.

"The Mediterranean will see an increase in water shortages, heat waves and forest fires. Portugal, along with Spain and Italy,

will be the hardest hit, which could result in a swing northwards in summer tourism", explained the report.

The four years leading up to 2007 were the hottest on record in Portugal while the drought in 2005 and 2006 was only broken by heavy rains and floods two winters ago.

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Socialists retain comfortable majority in Azores poll



The Socialists have won a comfortable victory in legislative elections in Portugal's Azores Islands, renewing Carlos César's parliamentary majority for a fourth consecutive mandate at the head of the archipelago's autonomous regional government.

Taking nearly 50 percent of the tally in Sunday's vote, César's Socialists gained 30 seats in the enlarged 57-member legislature to 30 percent and 18 seats for their traditional rivals, the Social Democrats.

The Socialists, who also rule from Lisbon, placed first in all

nine islands of the mid-Atlantic archipelago in polls that showed a record 53 percent of the islands' 193,000-strong electorate abstaining. The balance of the legislature's seats was shared among four other parties, with the rightist Popular Party electing five lawmakers. *TPN/Lusa*

British passport delivery revamp

From the 3rd November new charges will apply for delivery of passports in Spain and Portugal, the Consulate-General in Madrid has revealed in a press statement. The new prices will only be published at the beginning of next month.

All passport applications received on or after the 3rd November will be subject to these charges, although it will still be possible to pick up a passport in person from the Consulate-General in Madrid without delivery costs.

The new passport courier service will mean a greatly improved service for customers, says the Consulate.

It will be provided by DHL Express, who have pledged to provide two employees who will be permanently based at the British Consulate-General Madrid to ensure an efficient, dedicated and tailor-made service for their customers.

DHL have also undertaken to call every customer in advance in English to ensure they will be at home at the time of delivery.

The courier company will further ensure an integrated end-to-end delivery process straight from the passport printers to the clients door.

DHL Express has comprehensive coverage of the Iberian Peninsula through its network of 7,000 staff, 99 offices, 5,000

vehicles and 25 planes.

It will run an online tracking system so the progress of passport delivery can be seen in real time.

Finally, it also undertakes to provide uniformed, identifiable staff and provide a secure service.

British Consular Services Iberia says it has negotiated a very competitive and comprehensive deal for passport customers with DHL Express.

According to the consular services, this compares very favourably to prices charged by other companies for secure delivery of important documents, particularly as it includes a number of additional features such as advance customer contact in English.

For full details on prices consult the website - <http://ukinspain.fco.gov.uk>

Further information on this service, including delivery times, prices and tracking, will be published on the British Embassy website - <http://ukinspain.fco.gov.uk> - from 3rd November.

Portugal in court over reimbursement of cross-border medical costs

The European Commission has decided to bring actions before the European Court of Justice against Portugal with regard to cases where the cost of medical treatment received in another Member State has not been reimbursed.

The Court of Justice has on several occasions expressed its opinion on the reimbursement of medical expenses incurred in another Member State and recognised patients' rights not granted in these countries.

The Court took the view that, under Article 49 of the EC Treaty, Member States should

no longer require non-hospital treatment in another Member State to be subject to prior authorisation. The Commission believes that, given the continued existence of prior authorisation for the reimbursement of non-hospital treatment in Portugal, it is restricting patients' rights under EU laws.

Big Brother will be watching you...

Public CCTV surveillance cameras have been authorized for three Portuguese cities, Oporto, Portimão and Fátima, a pioneering step in Portugal's safety.

A Home Affairs office source confirmed that the Ribeira do Porto, Praia da Rocha parking lot (Portimão), and Fátima's Sanctuary have all been authorised to be equipped with CCTV systems.

The same source confirmed more requests are being looked into from the councils of Coimbra, Bragança and Lisbon.

CCTV systems in public places are only authorised by the Home Affairs office after the National Committee for Data Protection gives its approval.

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Portugal's youth having sex sooner



A pioneering survey conducted to define the sexual behaviour and knowledge of Portugal's youth has revealed that girls and boys are initiating their sexual activities at a younger age, though there is still much to be taught about contraception and its implications.

According to the study, three out of seven students, of 10th and 12th year ages, have had sexual intercourse.

While more girls admit to having had intercourse than boys, the majority of boys started at an earlier age, at around 14, and girls at 15.

Published this week, the study, entitled 'Sexual Education of Portuguese Youths: Knowledge and Sources', was produced by the Institute for Social Sciences (ICS) and the Association for Family Planning (APF).

A study carried out in 2007 – the National Health and Sexuality Inquiry – revealed that, on average, women became sexually active at around 19.35 years of age, and men at 17.28.

However, this year's study highlighted a number of areas in which more education seems to be necessary, regarding sexually transmitted diseases (STDs).

Despite 66 per cent of all students interviewed for the survey claiming they had at some point debated the issue of STD prevention, there was significant lack of information concerning the correct use of contraceptives and how to avoid unwanted pregnancies.

Of the sexually active teens, 2.4 per cent of girls admitted they had, at one point, fallen pregnant, and 2.6 per cent of boys said they had impregnated their partners.

Of these pregnancies only 43 per cent resulted in a birth; 53 per cent were ended with voluntary terminations (abortions) and the rest suffered spontaneous abortions.

The majority of interviewees said they had had intercourse with their girlfriends or boyfriends, however 28.5 per cent admitted to casual sex, in 32 per cent of such cases it had happened more than three times. Of these, 80 per cent said they had used condoms.

More than half of the teens said they had never needed to ask for help concerning a sexually-related problem, and those that did, did so to discuss problems relating to their bodies, pregnancy-related topics, initiating sexual activities, or to share matters concerning affection and intimacy.

Seventy four per cent of youths turned to their friends for advice.

The survey concluded that the youths who were better informed about sex initiated sexual activities later on in life, and in a safer and more pleasurable manner, though many students were unsure as to where they could purchase contraceptives.

In total 2,621 students were involved in the nationwide study, from 63 schools with ages ranging between 15 and 19. They were questioned between November last year and March this year.

In a related story, and despite marked improvements in this area, Portugal remains second among the EU-15 states for teenage pregnancies, the Association for Family Planning (APF) revealed earlier this year.

But figures show an improvement and the number of teenage mothers in Portugal has dropped from 6.24 in every hundred births, to 5.04 percent of the total in 2005.

The APF adds that the dimensions of this problem cannot be fully understood or investigated, due to the number of teenagers who resort to illegal abortions.

On a global scale, Japan has the lowest teenage pregnancy rate with 3.9 cases in every thousand. At the other extreme is Russia, with 100 in a thousand.

Worldwide, one in every ten children are born to teenage mothers.

Research shows that children of teenage mothers are 1.5 times more likely to die during their first year of life, and the likelihood of a teenage mother dying during childbirth is also higher (double when compared with mothers in their 20s).

In 2005, a total of 4,500 teenagers gave birth in Portugal. This figure was 7,600 in 2000, which at the time was the highest in Europe.

Currently, 17 percent of all child births are to mothers aged between 17 and 19.

Figures on teenage pregnancy in the European Union (EU) show that only the UK overtakes Portugal in the number of under 16 year old girls who fall pregnant every year.



Students demonstrate in Faro in 2004 against amendments to the school curriculum for sex education. (Photo: Lusa / Luis Forra)

In the enlarged European Union, Portugal comes in fourth, behind Britain, Slovakia and Hungary.

In terms of HIV infections,

Portugal recorded an average of almost seven new cases per day during the first half of 2005, giving the country the highest infection rate in Western Europe.

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Nobel laureate Yunus calls for market mechanisms to better deal with 'toxic assets'



Economist and Nobel peace laureate Muhammad Yunus says the next two weeks will be crucial in determining whether international action by governments will be sufficient remedy for the global financial meltdown, a crisis he forecasts will last through to 2010.



Nobel peace prize laureate Muhammad Yunus. (Photo: EPA / Karlheinz Schindler)

"The next two weeks are critical to verify if levels of confidence return to normal", with banks resuming lending to each other, the Bangladeshi founder of micro-credit schemes to fight poverty told the Lusa News Agency in an exclusive telephone interview last week.

Yunus estimated it would take "18 to 36 months" for the situation to right itself, warning that the worst is yet to come and that

financial instability could return in the "near future" if effective mechanisms are not established to deal with "casino capitalism".

Known as the "banker of the poor", Yunus calls for the creation of market mechanisms that could buy up "toxic assets" in future, rather than falling back on governments and taxpayers for bailout programmes.

"Now there is no market", he said. "The only mechanism left,

the only authority, are the governments".

Yunus cautioned that if the financial crisis seriously impacted the "real economy" years of anti-poverty efforts worldwide would be dashed.

"Those who were trying to flee poverty are pushed back and can not escape, and those who had just left poverty behind are sucked back into it", he told Lusa.

Lisbon set to pardon US\$100m Bissau debt

Guinea-Bissau will soon conclude an accord with Portugal to pardon the West African state's estimated US\$ 100 million debt to Lisbon as part of an IMF and World Bank poverty-reduction initiative for the world's poorest countries, a senior Bissau official said.

Guinean Finance Minister Issouf Sanha told the Lusa News Agency in Lisbon, where he held talks with his Portuguese oppo-

site, Fernando Teixeira dos Santos, the bilateral debt relief with Portugal was part of the Highly Indebted Poor Countries (HIPC) scheme of the IMF and World Bank.

Guinea's total foreign debt stands at about US\$ 1.1 billion, five times the country's GDP and requiring annual debt service repayments of US\$ 40 million, corresponding to 20 percent of an-

nual GDP, said Sanha. Next year could be pivotal for Guinea and see the impoverished state's economy kick start with the re-channelling of debts into social, educational and health projects, he added.

Sanha also said he had used his talks with Portugal's finance minister to discuss creation of a credit line for private Portuguese investment in Guinea. *TPN/Lusa*

EU companies outpace US counterparts in R&D

Research & development investment by EU companies has increased by 8.8% compared to the increased R&D investment by US companies of 8.6%, according to the 2008 edition of the European Commission's annual Industrial R&D Investment

Scoreboard published last week.

Three EU companies feature in the top ten: Nokia in 5th place (up from 17th), with an R&D investment of €5.3 billion, Volkswagen in 9th (up from 14th) and Daimler in 10th (down from 5th).

The world's biggest investor in

R&D in 2008 is Microsoft, with €5.6 billion. Trends show increased sales and profitability for EU companies and for the first time since records began in 2004, R&D investment growth in EU companies is greater than that of their US counterparts.

Short Term Letting in 2008 Implementation Issues

by Dennis Swing Greene

In this series, we examine implementation issues surrounding the new Holiday Let Licensing legislation

1st - Taxation: Business vs Rental Income

3rd - "Simplex and Property Problems

2nd - Lawyers and Contracts

4th - Rental Agent vs Property Manager

2 - Lawyers and Contracts

When purchasing property in Portugal and its subsequent rental, it is advisable to seek the services of a reputable lawyer or solicitor to help you make the right decisions regarding issues such as Property Purchase as well as related deeds and contracts.

Contracts

Rental agreements and related contracts are essential to assure:

1. **Control** - A written agreement customised to your needs means that you are the one who defines what you are doing. In the event of an inspection, inspectors will have their own agenda that is unlikely to coincide with your best interest.

2. **Clarity** - When you put an agreement in writing, you have taken an important step to avoiding misunderstandings. Whether it be your expectations of a payment schedule, rules regarding property usage, or clarifying which legal statutes regulate your activity, a contract is key to meeting your objectives.

There are at least 3 types of contracts that you may need:

1) **Contract between Owner and Renter** - At many levels, it is important to spell out expectations, rules and requirements during the

renter's stay in your property. Everyone's rights need to be protected and a written contract is a prerequisite to a satisfactory arrangement for all concerned.

2) **Contract between Owner and Property Manager** - It should be obvious by now that short term rental activities offer both reward and risk. This is specially true for property managers who often assume certain tasks related to rentals. If property managers fail to clarify their role, they leave themselves open to accusations of operating an unauthorised and unlicensed business subject to substantial fines.

3) **Disclaimer** - In your advertising, you will want a **Disclaimer** to clarify fully your offering. Reaching out to potential renters also means exposing yourself to prying eyes. Detailing the operational statutes is a common practice in Civil Code Countries and can help to nip problems in the bud. Proper contracts are an essential preventative step to assure that your rental activity is transparent and being conducted on a fully compliant basis. This one-off measure can prove invaluable when confronted with adversity.

Property Purchase

The Legal Representative should ensure that your purchase is as

trouble-free as possible. A lawyer will provide legal guarantees that the purchase of your property is free from any debts or charges, and that all fees including electricity, water and community fees are paid up to the day of completion.

When you instruct a lawyer to handle the purchase, the following important aspects should be covered:

- The title of the property is checked;
- The person selling the property actually owns it;
- Whether there are any charges on the property;
- All construction has been properly authorised and licensed;
- The terms and conditions stipulated by the seller are checked for fairness;
- A report of the findings in then compiled for you to consider, before proceeding with the signing of Promissory Contracts.

After the signing of the deed, your lawyer will then arrange:

- The transfer of the title into your name;
- For any fees and taxes to be paid;
- For the title to be registered in the Local Land Registry in your name.

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Fiscal Representation for Non Residents

Fact: By law, all non-resident companies and individuals owning a property in Portugal are required to appoint a fiscal representative.

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New Lisbon airport to cost less than €3.3bn



The new international airport planned for Lisbon should cost less than 3.3 billion euros, the head of the project said recently.

Carlos Madeira, CEO of NAER - Novo Aeroporto, told journalists the international tender for construction of the new facility at Alcochete on the south bank of the Tagus River could take place before environmental impact studies were completed. Madeira declined to give a date for launching the international tender, underlining it was a Government prerogative, but said NAER hoped to have "everything ready" for the start of environmental impact studies by the end of next March.

"This is not the ideal situation. Ideally, the environmental impact study should be completed before the conclusion of the tender", he said.

With a planned starting capac-

ity for 22 million passengers per year, Madeira said the national civil engineering laboratory LNEC estimated the cost of the new airport on inauguration at between 3.1 billion and 3.3 billion euros.

However, he said the total cost should be less.

Planned to replace Lisbon's 65-year-old, in-town Portela International Airport, the Alcochete facility will initially have two, parallel four-kilometre runways with the possibility of adding two additional runways.

The new airport, which has assured 239 million euros in EU financing, will be equipped to handle all types of aircraft, including the Airbus A380.

TPN/Lusa



A workman starts on the first construction stage of the new airport at Alcochete on 15 October. (Photo: Lusa / André Koster)

Portuguese firm's debts to sub-contractors halt Irish motorway project

Portuguese construction consortium RAC Eire owes tens of thousands of euros to sub-contractors in a 425 million euros road-building project in Ireland and work on the venture has been brought to a standstill after blockades by irate creditors, media and company sources have been reported as saying by the Lusa News Agency.

Richie Hughes, owner of a crane hire business in County Limerick, told Lusa this week he was owed cash by the Portuguese company, declining to reveal the amounts involved but confirming that other firms had not been paid by RAC Eire.

Local Irish media have reported that RAC Eire, comprising the Portuguese firms of Amandio Carvalho, Rosas Constructors and Gabriel AS Couto, owed "hundreds of thousands of euros" to sub-contractors involved in the building of a 38 km, twin-

lane motorway from Limerick to Nenagh. Angry sub-contractors have blocked the main construction site and bulldozers and other earthworking equipment are being prevented from operating, a Portuguese worker employed by RAC Eire told Lusa on condition of anonymity.

Contacted by Lusa to comment on the project's impasse and the sub-contractors' grievances, RAC Eire CEO Tiago Couto said there has been "a problem" with some sub-contractors, "which was all fixed."

TPN/Lusa

EU unveils new report on private pensions

A new study released by the European Commission this week confirms the trend towards more private pension provision in the EU but highlights the need for inclusive coverage and adequate pension levels.

The study identifies large variations in coverage and contribution levels between EU countries, reflecting the diversity of schemes in place. The analysis aims to help EU countries learn from different national experi-

ences under the 'open method of coordination' - the EU's system of common objectives, reporting and exchange of best practice.

The release of the study coincided with a major conference, taking place in Brussels this

week, on how to make European pensions adequate and sustainable. For further information on the study, visit:

http://ec.europa.eu/employment_social/spi/adequacy_sustainability_en.htm

EU takes action against Portugal

The European Commission has decided to pursue infringement procedures against Portugal for failure to implement into national law certain Internal Market Directives in the area of company law and corporate governance.

The EC has said it will refer Portugal to the European Tribunal over non-implementation of the Cross-Border Mergers Directive. The Commission will also send reasoned opinions to Portugal regarding the Directive simplifying the formation, maintenance and alteration of companies' capital.

The Cross-Border Mergers Directive, adopted in 2005, aims facilitate mergers of limited-liability companies on a cross-border basis. It sets up a simple framework drawing largely on national rules applicable to domestic mergers and avoids the winding up of the acquired company. The Directive is said to fill an important gap in company law and is an important measure in the context of the Commission's Action Plan on Company Law and Corporate Governance in the EU, published in May 2003.

The transposition deadline for the Directive was the end 2007.

Do you understand the implications on your UK pension now that you are resident in Portugal?

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Lisbon lauded by Lonely Planet



Lonely Planet Travel Guide has described Lisbon as "Iberia's seductive mermaid", considering Portugal's capital city a "gourmet paradise" where "antiquity and charm are always met by a youthful party spirit".

Lisbon was listed in the acclaimed expert's 'Best in Travel' guide as an 'unmissable city', as over the past few years it has reaped praise for its culture and entertainment.

Lonely Planet describes how Lisbon, once considered 'boring' and unfashionable, has soared in popularity since

it was nominated 'European Capital of Culture' in 1994, being further promoted by EXPO 98 and by hosting the EURO 2004 football championships.

On its 'Top-10 Must See Cities' list, 'Best in Travel' also highlights Antwerp, Beirut, Chicago, Mexico City, Glasgow, São Paulo, Warsaw, Shanghai and Zurich.

The long arm of the law gets bitten



A 40 year-old man was arrested last Friday after biting a police officer's hand at Queluz-Belas train station.

The man had not paid for his ticket and a CP (train company) worker called the police to the location to resolve the situation, at around

21h40.

The PSP officer had to go to hospital and is currently on sick-leave as he is unable to work.

Punishment protocol for red-handed 'artists'

Anyone caught 'decorating' the walls of Bairro Alto, Lisbon, with graffiti will, as of this week, be punished with the cleaning and repainting of the damaged surface.

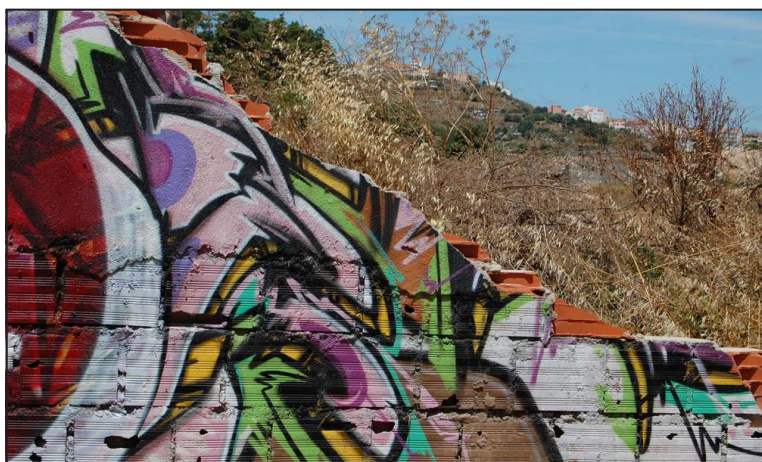
Appropriate punishment for vandals was the main topic of debate during the signing of the protocol, which took place in Lisbon City Hall, between the District Attorney, the PSP police, the General Board for Social Re-insertion and the Lisbon Property Owners' Association.

The protocol established that, when a vandal is caught red handed, punishment can include washing and re-painting the surface in question, being prohibited from entering the Bairro Alto neighbourhood, paying a fine, or community service.

Police will control the area to ensure that the vandals who have been forbidden from returning to Bairro Alto stay away.

Also agreed in the €1.2 million protocol was a reinforcement in policing, a study to be carried out into installing video surveillance cameras, and extra lighting around Bairro Alto.

Last Friday the local City Hall inaugurated an 'Urban Gallery', an alternative space where graffiti artists are invited to decorate the area in a legal and authorised fashion.



An example of graffiti in a public place. (Photo: Carrie-Marie Bratley)

Over 100 people die alone every year in Lisbon



Lisbon has over half a million inhabitants but there are many people who do not have anybody to call when they are in their final hours of life. Last week, Misericórdia held a tribute day to the 146 people who died completely alone in the capital city this year.

On the International Eradication of Poverty and Homeless People Day, 17th October, Lisbon's Santa Casa da Misericórdia remembered all the people who died alone this year by raising 146 flags, each one naming a person.

The brotherhood of Santa Casa da Misericórdia have set themselves the mission of holding funerals for people who die alone at home, hospitals or on Lisbon's streets. The young, elderly, children, Portuguese and foreigners; all make part of

the list; "Holding a funeral service with dignity is one of Santa Casa da Misericórdia's missions" said Mariana Cajulo.

It is estimated over 1,000 people are currently living on the streets in Lisbon.

RBCGolf Society competition



Garland Laidley SGPS are one of Portugal's leading Freight Forwarders, Shipping Agents and Logistic Operators belonging to the Dawson family who have been involved in the company since 1866. Currently, the company is headed by Bruce Dawson with his brother Peter and son Mark being Directors.



Mark Dawson, Eddie Leitão, Ron Goddard, Graciette Gibbon, Ewan Rankin.

Their family association with the Royal British Club goes back to the 19th century, hence their sponsorship of the club Golf Society's October competition when members compete for the Peter Dawson Bowl.

With excellent playing conditions, nett under par scores were returned for the first 6 positions, led by Ron Goddard who returned a superb gross 68 and 42 stableford points. A little further back on 38 came Graciette Gibbon to take 2nd position, with 3rd, 4th, 5th and 6th positions requiring countbacks, all with 37 points. These places were filled by Eddie Leitão, Harley Barnard, Mark Dawson and Alistair Ferguson respectively. Bruce's wife, Olivia, and Marks wife,

Mané, awarded these prizes.

For the best monthly performance by a player with a handicap of 19 or over not classified in the first four went to Carol Mason who scored 36 points. The most accurate man on the course was Mark Dawson, and Brenda Leitão took the ladies prize for accuracy. Bringing up the rearguard is a coveted achievement with the free golf lesson being awarded to Hans Muhlenbeck.

This competition was also the second and final leg of the Silver Jubilee competition which included results from the Rankin Brothers & Sons competition. Ron Goddard's combined stableford points, beating Antonio Vieira by one, in both competitions ensured that the Silver Jubilee silver plate was his to safeguard until next year.

As usual, the Estoril Golf Club restaurant put on an excellent lunch during which all the prizes, kindly donated by Bruce Dawson, were distributed.

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7			2	8				
						3		2
8	3		9	1				5
		9					1	6
5								9
6	2					4		
4				5	6		2	3
1		6						
				9	7			8

Last weeks solution:

2	3	1	7	5	9	6	8	4
6	5	4	8	2	3	9	7	1
9	8	7	1	6	4	3	5	2
8	7	3	9	4	5	1	2	6
1	9	6	3	8	2	7	4	5
4	2	5	6	7	1	8	9	3
7	6	2	4	1	8	5	3	9
5	1	9	2	3	7	4	6	8
3	4	8	5	9	6	2	1	7

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António Pina re-elected Algarve Tourist Board President



António Pina guaranteed his place, with an overwhelming majority of votes in his favour, as President of Turismo do Algarve for the second time running. Elidérico Viegas was the other winner of the elections, voted to lead the General Assembly.

António Ventura Pina, licensed in Germanic Languages and ex-director of Education, was re-elected with the same

team: António Almeida Pires, Nuno Aires, Helena Mak and Fernando Anastácio as members of the jury, and Luís

Tavares, Marina Leal Correia, José dos Santos and José Eduardo Valagão as replacements.

António Pina won with 29 votes in favour and one against, whilst Elidérico Viegas, current President of AHETA (Algarve Hotels and Tourist Developments Association), won with 26 votes in his favour, three against and one abstaining.

Council taxes reduced to support struggling residents

Loulé's Municipal Assembly approved a proposal to lower tax on properties in 2009 as a way to recognize and encourage the resident population during these tough times. The proposal was discussed during a Municipal Assembly and lasted until the late hours of the night, with the final outcome being the council reducing its revenue by €1.2 million.

Seruca Emídio, Loulé Mayor, considers the council tax reduction "an incentive and recognition of the development of the council and, at the same

time, a way to ease the financial load on families."

The proposal discussed reducing the old urban buildings council tax rates from 0.70 to 0.68, and evaluated new urban property council tax rates from 0.40 to 0.36, saving residents €1.2 million. The reduction of the Council Tax is happening for the second year running: "the Council has the conditions to support this reduction, due to revenue accumulated from previous years" said Seruca Emídio. He added that the Property Transfer Tax and the IRS have also

been reduced, which will represent a €13.3 million loss in the council's revenue for 2009.

In six of the eleven parishes where the population has been decreasing, the Council proposes the exemption of the Property Transfer Tax when purchasing a new home for couples between 18 and 35, in order to increase the population in these areas.

All of these new measures will not affect any future investments of the Council, according to Seruca Emídio.

*A Light in The Darkness:
The Privilege of
Making a Difference*



Baroness Caroline Cox, a Christian humanist with a seat in the House of Lords, at the Carvoeiro Clube de Tennis, one of her four venues along the Algarve organised by the Algarve Prayer Chain Ministry. Attendees experienced her compelling, moving and challenging presentation, entitled *A Light Shining in the Darkness – The Privilege of Making a Difference*. A total of €1,560 was raised at the four venues in support of Baroness Cox's charity, HART (Humanitarian Aid Relief Trust) which supports the forgotten peoples of the former Soviet Union, Africa and Asia, who are neglected by other organisations, largely out of sight of the world's media. Website: www.hart-uk.org

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Countdown to the Network Christmas Fair with their Charity of the Year – Bom Samaritano



This year, as ever, Network hosts the Christmas Fair on 1st December at Hotel Garbe, Armação de Pera. This is a fabulous opportunity for people to display and sell products and services, and for the public to buy those special treats and presents with a difference. It is also an opportunity for Network to raise money for their charity of the year, Bom Samaritano Children's Home. Network begin the countdown to Christmas this year with a reminder of why their chosen charity needs their – and your – help.

Bom Samaritano is a children's home providing care and support for 36 children aged between 3 and 18 years. Nestling in a quiet suburb of Alvor, the first thing you notice about it is its atmosphere of warmth and calm. The Director of the home, Dra. Maragarida Cardoso is simply charming – personable, vibrant, warm, yet with a sense of dedication and determination about her. Dra. Cardoso leads 15 paid staff in their quest to help children who have been neglected, orphaned, or abused to enjoy as much opportunity as anyone

else in life, and to have as much of a 'family' life as possible. They work closely to try to reintegrate into families where possible, and to try to offer fostering or adoption possibilities where it is not. Meanwhile, they provide a safe home for these children, with a suitable attitude combining discipline with care. Older and younger children share bedrooms to support each other, all make their own beds and clean their own rooms, all have individualised touches, toys and comforts.

The second thing you notice is that there are many signs of 'making do' on the material side of

things. Much of the furniture in the play rooms, the visitors' room, is basic and cheap. A plant grows through the children's rest/play/television room. While the home is littered with signs of joy and activity – paintings, the bird mural in the office – you can see that it is run on a shoestring.

When Network approached Bom Samaritano to ask what they would like to spend money on, the answer was clear – a minibus for transporting the children. Currently, one of the buses does not meet new safety criteria introduced by the Portuguese government, which creates a grave problem for the home. They are looking to raise €40,000 to buy a new vehicle, and Network aim to raise €2,000 of these through their Christmas Fayre this year.

There are lots of other things that you can do to support Bom Samaritano – they always need money for shoes, or brand new shoes bought in specific sizes: they are looking for paint and materials for upgrading the house: furniture, electronic equipment – the children here are ordinary children who need help, who have learned to appreciate all that they get, and who would like to be able to use computers, listen to music, and be up-to-date, just like any other child.

You will hear more about Bom Samaritano over the coming



Director of the home,
Dra. Maragarida
Cardoso.

months, and for now Network is delighted to be associated with them as they build up to the Network Christmas Fayre. So do go along and support them, book a stall or simply go along and join in the raffle and tombola – some fabulous prizes to be had – and help to make a child's life a little more comfortable, a little more 'normal', and to support the staff who do such fantastic and worthwhile work.

If you would like to know more about Bom Samaritano, and how you can help, please contact bomsamaritano@sapo.pt or phone 282 459 201.

To know more about Network, or to book a stall at our Fayre, please contact Paulette Fouché on info@networkalgarve.org or phone 915 584 667.



Pastor Mark and his wife Judith

The Induction of Pastor Mark Loney



Friends, family, well-wishers and representatives from churches across the Algarve came to the International Evangelical Church at Vale Judeu last weekend to witness the induction of Pastor Mark Loney as the new pastor.

There was a packed Church to welcome Pastor Mark and the induction service, which was led by Pastor Peter Sluimer, was an occasion to be remembered not only for the music and singing but also for the tremendous sense of unity, support and comradeship from Christians from all walks of life and from all over the world.

Assisting Pastor Peter Sluimer with the induction which took place on Saturday evening were: Keith Linsey, secretary of the Acre Gospel Mission, N. Ireland, Paul Collier, elder of the Monkstown Baptist Church N. Ireland, Heinz Mühlheim, Pastor of the Igreja Evangélica Missionária Olhão, representing the Portuguese evangelical churches in the Algarve, David Chester, Pastor of the International Community Church in Lagos, representing the evangelical churches in the Algarve and David Borgan, Pastor of the International Christian Fellowship in Portimão.

The contributors to the service welcomed Pastor Mark and Judith into the Church's family in the Algarve and the music and the wonderful singing of Moises Matos from Coimbra and Andrew and Ruth Gardiner from N. Ireland helped to make it a serv-

ice that was both joyful and at the same time serious. Pastor Peter expressed his confidence that Pastor Mark and his wife Judith will be an excellent team who will carry the church forward into the future and minister to the growing community of Christian worshippers in the Algarve. The induction was completed by the traditional laying on of hands as a symbol that the authority of leading the church has been passed from one minister to the next.

And so Pastor Mark officially became the new Pastor of "The International Evangelical church of the Algarve" in Vale Judeu.

Pastor Mark spent the early part of his life in Brazil before returning to his native Northern Ireland where, after attending Bible College where he met his wife Judith, he joined the Acre International Mission. He was sent by the Mission to Portugal and it wasn't long before he was invited to become the pastor at Milfontes Evangelical church. Now after 12 years at Milfontes he is taking over the church at Vale Judeu where he will carry on the good work of Peter Sluimer who will be retiring in April after twenty three years of service to the church.



Currently one of the mini-buses used to transport children does not meet the new safety criteria and therefore a new one is needed.

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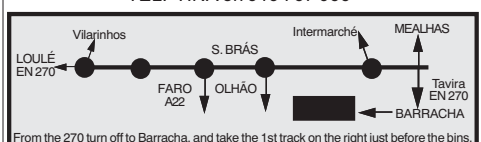
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Unprecedented award for British resident



On Saturday 18th, long-term Algarve resident Val Johnston was formally awarded a medal by the Portuguese National Fire-fighters' League for her outstanding voluntary fundraising work, which over the past decade has helped the Lagoa bombeiros purchase much needed and necessary equipment.

Thanks to Val's incessant fund and awareness-raising, Lagoa boasts one of the best-equipped stations on both a regional and national level.

Her efforts were rewarded with pomp and circumstance in a ceremony also held to commemorate the Lagoa Bombeiros' 30th anniversary, attended by the entire Lagoa fire-brigade, the head of the National Firemen's League and a handful of local and regional dignitaries.

Most importantly, it is the first time such a medal – the Silver Medal for Outstanding Service – has been awarded to any foreign citizen in Portugal.

To be awarded the medal, the fire station had to submit a list of Val's efforts and contributions to the National Fire-fighter's League, which in turn had to approve the request.

It was a way of showing how much Lagoa's *Bombeiros*, members, staff and volunteers "appreciate all her hard work, enthusiasm and fight for this cause over the years".

For 11 years Val has promoted the fire-fighters' cause, as "even the Portuguese weren't aware of what role they played, or that most of them are voluntary", she told *The Portugal News*.

A former nurse, Val was introduced to the Lagoa Bombeiros after the Hotel Garbe held a fundraising event and asked her to invest the money raised in the most suitable medical cause.

"At that time, 11 years ago, there was an astronomical

number of deaths happening on the EN125, and a lot of them seemed to occur around Lagoa. I went to the fire station to see what equipment they had to assist in accidents, and I was shocked to see what little they had and how little acknowledgment they received.

"They didn't even have bags to carry their equipment from the ambulances", she recalled. And from thereon, her dedication was cemented.

Since then Val has campaigned tirelessly to raise awareness and revenue to purchase essential equipment for them. Amongst others, Val, through a fund set up for the purpose, has helped purchase Nomex suits (special suits used when fighting urban fires), breathing apparatus, various official uniforms, 'Jaws of Life', and specialised cliff rescue equipment.

Of being awarded the medal, Val told *The Portugal News*, "I feel very humble and much honoured to be the first person to receive this medal. But I don't feel as if I have done anything to deserve it".

Fellow fire-fighter and Lagoa station founder Fernando Martins was also honoured for his dedication to the fire-fighting cause over three decades.

Due to illness, Val has not yet been able to hold her annual charity dinner-dance, which normally takes place at the beginning of the year. It will now be held next month on November 8th. Reservations can be made by calling Val on: 282 471 550.



Val Johnston was formally awarded a medal by the Portuguese National Fire-fighters' League for her outstanding voluntary fundraising work. (Photo: TPN/Carrie-Marie Bratley)

Low cost Spanish company suspends Faro flights



LTE was operating charter flights to Faro and had assistance contracts with GroundForce. The company is based in Palma de Mallorca and suspended all

low cost and charter flights on Thursday.

The company has said it is making an effort to minimize the impact on clients and suppliers

Last week, LTE-International Airways announced they will be suspending their flights to Faro for an undetermined period due to financial difficulties.

and has been given ten days to report its financial status to the Spanish Civil Aviation Board. In as little as a month, LTE is the second Spanish airline to sus-

pend flights after Futura stopped flying in September.

Airlines seem to be the ones hit hardest by the financial crisis due to the jump in fuel prices.

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Re. Letters pg., Bipolar illness

SIR, The problems in coping with bipolar illness detailed in the letter from Miguel Schreck in the Oct.11 issue are not unique to Portugal. During the 1970s there was a Deinstitutionalization movement in the United States which reduced the number of people in mental hospitals.

The plan appeared good in concept but the implementation was faulty. The treatment of mental illness had reached a stage where most mental patients could be controlled by psychotropic drugs and in the case of bipolar illness, lithium carbonate. It appeared possible to release most of the patients from asylums and treat them in local mental health centers. Mental health centers were set up in many communities and the federal government gave a stipend to the people being released in the form of Supplemental Security Income (SSI). Also the mental health commitment laws were revised to make it more difficult to legally place the mentally ill in asylums.

Once the patients were released they used the community mental health centers but these were quickly swamped by neurotics and the mental patients were squeezed out into the streets. The Reagan-Bush administrations cut back on SSI by the simple measure of sending a letter to the recipients requiring an examination. Most did not receive the notice or ignored it because of their mental state and their SSI payments were cancelled.

There was no turning back to the mental institutions. In Mas-

sachusetts they removed the plumbing from the former mental institutions so that they could not be used again. As a result of these efforts more than half of the mental hospitals ceased to exist and the others were converted to homes for the elderly.

Deinstitutionalization spread to England and Ireland and certainly had an impact on Portugal. In the United States there was an immediate surge of homeless people which exists until today. I have spoken with people in Ireland who worked with the homeless and we all attribute the increase in homelessness to Deinstitutionalization.

In addition to the homeless a number of psychotic people have wound up in jail because there is no other place to house them. I once performed a survey of the jail population in Northern Virginia and found that 19% of the inmates were psychotic.

Here in Portugal we have a constitution which warms the hearts of all civil libertarians. There is no legal basis for locking people in jail for sporadic mental illness and medications cannot be forced upon them.

I suspect that a number of English speaking peoples with mental health problems have selected Portugal as a safe haven because of the tolerant nature of the Portuguese people and the absence of strong mental commitment laws.

The only suggestion I have is the formation of self help groups among English speaking people caring for relatives or friends with mental problems. An English language mental health hot line and/or a website might be

a first start in sharing resources.
GILBERT WELLS, Bye-mail

Portuguese Government

SIR, I find it hard to understand how the Portuguese Government get away with their high taxes against E.U. regulations. Example: I want to bring my car from America to Portugal and it was going to cost me €13,000 to register the car here in Portugal even though the car is paid for. I contacted my brother who lives in France (as I am French born) and he checked it out and if I register my car in France using his address it would cost me €60. That is a big difference. Another problem with this government is that if you go to another E.U. country and buy a car, like Spain which is much cheaper or France, if you want you can here in Portugal you will still have to pay the high tax.

Every year Portugal is fined by the E.U. for high taxes and Portugal pays the fine because the fine is much lower than the money they make from the citizens on taxes so they don't care. The fines should be so high that they will not make any money by paying the fine each year.

Another problem is that the police do not do their job. Example: if you go up AV. Saboia one whole side has signs that say no parking yet everybody parks there and no police ever bother them. Yet if you park in a paid parking spot, and your time runs out and the police come by, you get a ticket. Which does not make sense. Also the way they have roads laid out I am surprised that there are not more accidents. They have two lanes going into one, who has the right away if you are on the outside of a round about. If the government would spend a little time looking at the traffic and doing something about it would be much smoother.

It is time the E.U. clamps down on Portugal and the police do their

job.
JEAN LOMONT, Cascais

Here's the favour ...

SIR, I think that your newspaper needs to do the world a favor and include two books in your must-read section for this year. These books are: Whispering in the Giant's Ear: A Frontline Chronicle From Bolivia's War on Globalization and Blue Clay People: Seasons on Africa's Fragile Edge, both by New York writer, William Powers. These books touched my intellect and my heart. Not only are these books well-written, first-hand accounts of real issues happening around the world, they are powerful, compelling, and elegant. They read like novels, fast-paced and straightforward. They are essentials for anyone looking to change the world by helping those less fortunate. I would recommend them to all the avid traveling, do-gooders (like me) I know. These books are fascinating enticements to hear the world, rather than dominate it.

MORGAN LEHMAN, Bye-mail

Just a suggestion ...

SIR, So, the worst financial crisis since 1929 seems to have receded for the time being.

It looks as though capital injections are an exceptional measure never to be repeated... unfortunately, since they're a one-way bet for governments. Not so, for money-market guarantees! These look like becoming an endemic feature of mortgage banking. At the first recession, post-demutualisation of building societies, the money markets tell us they never really liked the idea in the first place. When the crunch came, they stepped aside, turned to the beneficent state and said "Your baby, I believe". With the same old leveraging being used to recover fortunes (thought lost), the same old recessions and residential price corrections will oc-

cur in the not too distant future.

With these in store, there will be occasions (hopefully rare!), when these guarantees will be 'called in', thereby actually 'costing' the taxpayer. May I suggest on his behalf, that the government exacts apportionment—a charge on all mortgages—to constitute a 'recovery' fund. This would tend to chasten those intent on maximum borrowing as well as subtracting from the 'purchasing power' obtainable from a mortgage.

It is very dangerous for asset values to be determined overwhelmingly by the volume of the loans that are secured upon them, which characterizes the residential valuation paradox. A massive increase in residential dwelling construction—most of it social—could in part, be financed from the consolidation of annual surpluses from such a fund. This would help offset the inflationary effect of mortgage lending on a more restricted housing stock, thus making the mortgaged 'base' more stable (albeit static) in value in the 'western' world of 'property-owning democracies'. Such a vacuous mantra can never be underwritten in a 'globalising' world. Fortunes change, but the stock endures.

J.A. RUST, Figueira da Foz

Re: The U.S. election

SIR, Over the last several weeks a lot of ink has been spilled over the U.S. election. I have, more than once, pointed out that one candidate, Barack Obama, is actually in favor of infanticide. This is not rhetoric. Anyone who doubts it can 'Google' it and see what an absolutist this guy is when it comes to abortion, including partial-birth abortion and denying medical assistance to any baby that might survive the procedure. Zita Neto, in her silly and well over 300 word diatribe failed to address this point. Ron Lavery, Michael Baugh, and Gilbert Wells of Democrats in Portugal, to name a few others have also pooh-poohed this issue. Instead these people opted to attack religion, mock Sarah Palin for nonsensical reasons, quibble over spelling, etc. I even ran into one of the above mentioned folks at a benefit concert for the Convento do Bom Sucesso last Saturday and this person only wanted to argue about the economy. The economy! Infanticide was a non-issue for this supporter of the good sisters of Bom Sucesso.

Readers who watched last week's debate saw Obama's ho-hum dismissal of McCain's exposure of Obama's voting record as being absurd. However, anyone who really gives a damn can check it out for themselves. I just think that most people have grown so coarse that they just don't give a damn.

JAMES ROSS, Estoril

A new Constitution?

SIR, Perhaps it is something to do with my age but I support Zita Neto's insistence upon the necessity for correct spelling. JR on the other hand dismisses it as irrelevant compared to the importance of the deep issues he feels so strongly about, seemingly blind to the fact that without accurate spelling full understanding becomes more difficult. How do you determine the meaning of a word if you can't spell it? Besides, spelling is one of the outward and

visible marks of a disciplined mind.

A friend recently sent me a very witty spoof e-mail setting out a proposed new Constitution for America. There are some useful changes like:

"All intersections will be replaced with roundabouts, and you will start driving on the left side with immediate effect. At the same time, you will go metric and without the benefit of conversion tables. Both roundabouts and metrication will help you understand the British sense of humour" and:

"Further, you will stop playing baseball. It is not reasonable to host an event called the World Series for a game that is not played outside of America. Since only 2.1% of you are aware there is a world beyond your borders, your error is understandable. You will learn cricket, and we will let you face the South Africans first to take the sting out of their deliveries".

However, some readers may consider the following extract more pertinent:

"The letter 'u' will be reinstated in words such as 'colour,' 'favour,' 'labour' and 'neighbour.' Likewise, you will learn to spell 'doughnut' without skipping half the letters, and the suffix '-ize' will be replaced by the suffix '-ise.' Generally, you will be expected to raise your vocabulary to acceptable levels. (Look up 'vocabulary')"

My friend is American, by the way.

RON LAVERY, Bye-mail

Creative writers

We are a small English Language Publisher currently looking for interesting factual based stories from around Europe to go into our planned publication provisionally titled: Europe Back to Back (100 tales from Europe).

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ANDREW SUMMERS, Editor, Europe Back to Back, Essex, UK

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Portuguese for all

Na lição de hoje vamos completar dois textos com o *Pretérito Perfeito* ou o *Pretérito Imperfeito do Indicativo*.
Até à próxima lição, Emília Rosendo.

Exercise: Complete the texts which follow. Choose the correct form: *Pretérito Perfeito* or *Pretérito Imperfeito do Indicativo*.

1. Quando a Rita (**nasceu/ nascia**), os pais (**viveram/ viviam**) numa pequena cidade que (**ficou/ ficava**) perto da praia. Naquela altura, o pai da Rita (**trabalhou/ trabalhava**) numa loja de ferragens e a mãe (**esteve/ estava**) desempregada. Ela (**tomou/ tomava**) conta da filha e (**cuidou/ cuidava**) da casa. Como o pai (**ganhou/ ganhava**) muito pouco, que mal (**deu/ dava**) para cobrir todas as despesas, eles (**decidiram/ decidiam**) emigrar para o Canadá. (**Foi/ Era**) uma decisão muito difícil porque eles (**gostaram/ gostavam**) do seu país e não (**conheceram/ conheciam**) ninguém no Canadá. Em 1970, quando a pequena Rita (**teve/ tinha**) quatro anos, eles (**partiram/ partiam**) rumo ao seu novo destino. Lá, os pais (**arranjaram/ arranjavam**) trabalho e, pouco a pouco, (**estabilizaram/ estabilizavam**) a vida.

A Rita (**entrou/ entrava**) para uma escola onde, muito rapidamente, (**aprendeu/ aprendia**) a nova língua e (**fez/ fazia**) amizades. Passados quatro anos, (**nasceu/ nascia**) o Tomás que (**foi/ era**) um bebé muito gordinho e tranquilo. A vida (**correu/ corria**) -lhes bem mas, muito naturalmente, eles (**sentiram/ sentiam**) muitas saudades da família, dos amigos e do país natal. Para matar essas saudades, eles (**vieram/ vinham**) todos os verões a Portugal onde (**passaram/ passavam**) agradavelmente alguns dias antes do regresso ao país de acolhimento.

2. O acidente (**aconteceu/ acontecia**) porque o condutor do carro que (**seguia/ seguia**) à nossa frente (**travou/ travava**) de repente e a fundo para não atropelar um cachorro que (**esteve/ estava**) parado no meio da estrada, completamente perdido. Felizmente, o cachorro (**ficou/ ficava**) bem e nada lhe (**aconteceu/ acontecia**) mas o mesmo não se (**pôde/ podia**) dizer dos carros.

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The Iraqi Deal

It has been a short hundred years. That's how long Republican presidential candidate John McCain said that American troops might have to stay in Iraq at the beginning of his campaign, but the deal that Washington concluded with the Iraqi government last week said that they must all be gone by 2011. And they must be off the streets of Iraqi cities by the middle of next year.

That's not enough for a lot of Iraqis. Fifty thousand supporters of Moqtada al-Sadr, the Shia leader who embodies the resentment of the poor against the Shia establishment, came out onto the streets of Baghdad on Saturday to protest against the deal signed by Prime Minister Nouri al-Maliki. They want the Americans to leave now, which is also Sadr's position, and it may win him a commanding position in parliament when Iraq votes again next year.

We should pause to note the remarkable fact that Iraqi politicians now have to seek popular support for their policies. Even Sadr has stood down the bulk of his Mahdi Army militia, keeping only a core group of experienced fighters to protect him from the Americans and his Iraqi enemies and converting the rest into local political workers. Iraq really does have a kind of democracy now, even if the price was very high.

But it is a democracy built on shaky foundations, and one of the shakiest bits is the relationship with the United States. Iraqis deeply distrust American intentions, and the Bush administration's initial negotiating position, which sought to prolong the American occupation indefinitely, just fed that suspicion. Although Maliki was effectively chosen by the White House after it removed his predecessor, Ibrahim al-Jaafari, he could not sign that kind of deal.

Maliki stood up for Iraqi sovereignty partly because he would pay for it in next year's election if he did not, but he was never just an American puppet. He opposed the US invasion of Iraq in 2003, and he also opposed the decision of his own party, al-Dawa, to join the first Iraqi "governing

council" set up by occupation pro-consul Paul Bremer six months later.

So the negotiations for a "status of forces agreement" to provide legal cover for the US military presence in Iraq after the United Nations mandate expires in December were not just window-dressing. The Bush administration had to abandon its quest for permanent military bases in Iraq, although there is a clause in the deal that allows for a change of mind in Baghdad.

As Iraqi government spokesman Ali Dabbagh put it, "in 2011 the government at that time will determine whether it needs a new pact or not, and what type of pact will depend on the challenges it faces." But the shoe is definitely on the other foot now, with the American right to keep troops in Iraq lapsing automatically at the end of 2011 unless the Iraqi government wishes otherwise.

Iraq was less successful in trying to make American troops responsible to Iraqi courts for their actions. The deal contains a clause says that Iraqi law will apply "if they commit a serious and deliberate felony outside their bases and when off duty," but in practice no American soldiers leave their bases when off duty, and while on duty they can still kill any Iraqi who seems threatening with no questions asked. However, foreign civilian contractors will be subject to Iraqi law in future.

It's not all that bad a deal, given the extent to which Maliki's government depends on American troops for survival. But even within the alliance of Shia parties that dominates the government it faces severe criticism, and may not get through parliament. Outside, in the real world, it still feels like a fantasy.

It is now an undisputed factoid in the American political debate that Iraq has been stabilised by last year's "surge" of US troops, but the reality on the ground is rather different. There is less sectarian killing, but that is mainly because the ethnic cleansing of mixed neighbourhoods where Sunni and Shia Arabs used to live side by side is almost complete. Other major outbreaks of violence remain possible.

The "Awakening" movement, in which tens of thousands of Sunni Arabs who had been fighting the American occupation went on the US government payroll in order to fight the take-over of their

community by al-Qaeda extremists, is at a crossroads. Starting this month, the "Awakening" fighters are being paid by the Iraqi government, not by the Americans, and it has announced that only 20 percent of them will be absorbed into the Iraqi army.

The other 60-odd thousand fighters of the "Awakening" will only be paid until they find civilian jobs — but there are almost no well-paying jobs available in Iraq apart from government work, which usually requires a recommendation from one of the big Shia parties. So what do the rest of the Sunni fighters do? Go back to fighting the Americans? It's not unimaginable.

And the possibility of war between Arab Iraq and Kurdish Iraq over the border between the two regions is ever present: the promised referendum on the future of the city of Kirkuk and its surrounding oilfields is the sword of Damocles hanging over the whole of Iraqi politics. The relative calm that Iraq is experiencing at the moment may just be the eye of the hurricane.



Supporters of Shiite cleric Moqtada al-Sadr burn effigies of US President George W. Bush and Secretary of State Condoleezza Rice during a demonstration in Baghdad, Iraq, 18 October 2008. About 50,000 protesters participated in a demonstration against the US occupation of Iraq and the planned security deal between the two countries. (Photo: Lusa/EPA/Shehab Ahmed)

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- Policy available in either GBP or Euros - Claims paid in either



Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His book, "After Iraq", has just been published in London by Yale University Press.

Clinica Optima Forma on the move!



Over the past eight years, acclaimed osteopath and physiotherapist Bernard Vrijaldenhoven has established his clinic Optima Forma in Almancil. During this time he set up and developed a protocol particularly for chronic back and neck problems.

The main difference compared to other treatments is the participation of the patient to control and improve the chronic situation.

Instead of just treating symptoms and becoming dependent of any treatment, Bernard will look for the deeper cause (an holistic approach) and explain this to the patient.

This means, by understanding the problem, the patient becomes more aware of his/her situation and develops a better coping mechanism.

So, treatment can contain manipulation but is not necessarily mandatory. And when manipulation is needed, it will be at the level of the problem and is not particularly rough.

Most of the time, there will be also a programme of exercises to create the feeling by the patient of being 'in charge'.

Of course for acute injuries

there will a different approach, against a long lasting pain situation.

New scientific evidence shows the ability of the nervous system in chronic situations to 'adjust' itself and create pain even when there is no actual damage (neuroplasticity).

This means that when you just continue to manipulate there is no actual 'learning process' of the system and the body will not improve in its experience. Therefore the projection of pain continues.

The only way to reverse this is to start awareness and give proper stimuli to the affected area.

Bernard will choose a pro-active approach that will result in a short course of treatment and stimulate independency by using the body in a positive way.

Of course, within this article it is not possible to assess any

problem, so individual differences need an individual approach.

Bernard is also an importer of a renowned glucosamine supplement from Holland:

Glucotion. It contains a large dosage of glucosamine, chondroitin and MSM, all contributing to a better quality of tissue in and around joints and leading to a better functioning of the arthritic joints.

So, by having a pro-active approach and using supplements such as Glucotion, you work from the inside out and outside in! A maximum result can then be expected.

Bernard Vrijaldenhoven has two clinics: the International Health Centre in Oura, Albufeira (289 588 923) and Clinica Optima Forma, Av. 5 de Outubro 84 in Almancil (289 399 841). Or contact personally on mobile: (+351) 91 84 76 000.

Learn Portuguese and get connected



The CLCC – Centre for Languages, Culture and Communication is a private institution, located in Portimão, and established for 15 years ago. The company is officially recognised by DGERT – Direcção Geral do Emprego e das Relações de Trabalho, the Ministry for Education and the British Council. The CLCC has a high number of teachers certified by the IEPF – The Portuguese Employment Institute.

During its 15 years of existence more than 10,000 students and thousands of private and public companies have taken a course at the CLCC, in Computing, Languages and Management. The CLCC has taught more than 100,000 class hours in total.

Portuguese course in October 2008, you still have time!

Portuguese Courses

The courses can be divided roughly into the following types of courses; courses of 32 hours of different levels, intensive courses and year-long courses.

All courses are taught by a specialized and qualified instructor; all the teachers are native speakers.

During the class the emphasis is on practising the language, using books and resources containing various reading, writing, grammar and oral exercises. The exercises are complemented by role-play, games and audiovisual material.

The 32 hour courses usually take place twice a week for 2 hours at a time, so the total duration of the course is approximately 2 months. The number of students is between 5 and 12; the courses are started throughout the year every time the minimum number of 5 is reached.

Timetables are planned according to the availability of the students; the lessons can take place during the day as well as in the evening.

The intensive courses are 30 hours, and take place for 2 or 3 weeks in a row, every morning

from 9.30am to 12.30pm.

These courses provide the students with a solid base in Portuguese, which they can use in daily life.

Students who frequent one of the CLCC beginners courses, should, at the end of it, be able to communicate in a simple way, understand and give personal information, talk about everyday habits, ask for and give information about places, formulate requests and express preferences.

When the course is finished, the student will receive a CLCC diploma with proof of attendance.

People who already speak and understand some Portuguese, can do a small test with one of the teachers to find out what their level is. This way they will be able to start studying at the appropriate level, which is more motivating both for themselves, and the rest of the group.

The test is free and without any obligation.

If the teacher and the student agree that the student is more advanced than the rest of the group, the teacher will try their best to find the most suitable course for him or her.

The year-long courses are conversational courses, for more advanced speakers. Speaking and listening are practised,

Estrela Health & Beauty at the Oceânico Resort, Praia da Luz



Estrela da Luz is the perfect destination for those who enjoy a healthy lifestyle and sumptuous pampering. With a state-of-the-art gym, exercise studio, three beauty treatment rooms, indoor swimming pool, sauna and Jacuzzi, you can rest assured that you will leave feeling completely replenished and rejuvenated.

Sarah George, Beauty Manager, is constantly seeking ways to improve the excellent variety of treatments and to give clients an unforgettable experience. The beauty facility is loyal to Elemis beauty treatments, one of the best British brands available.

Elemis treatments incorporate 10 different techniques from several cultures, enhanced by a wide range of luxurious organic-based products, making treatments an altogether holistic experience. "Every Elemis treatment is designed to work on the client's spirit and body as a whole" says Sarah, adding "we follow the Elemis Trinity – touch, breath and aroma: starting with 'the welcome touch' of warm mitts on the feet, deep breathing techniques and aroma candles, all to help induce relaxation".

In addition to well-known treatments such as facials, massages, manicures and pedicures, you will be offered temptations such as 'Elemis Devil's Delight Back Treatment' and 'Elemis Exotic Coconut Rub & Milk Ritual Wrap'. The new Elemis 'Nurturing Massage for Mother-to-be' uses a beanbag to ensure the ultimate in comfort and relaxation.

The Pamper Packages, such as 'Spirit Reviver' are popular for a decadent break from the stress-ridden world, where clients are treated like royalty for a day. Men are not forgotten with a complete 'Time for Men' range of treatments and products on offer.

Recommended products to maintain the benefits of treatments at home are available to

thus providing a solid base to get by in Portugal. They take place once a week, for 2 hours in the morning, from October until July.

It is also possible to have private lessons at the CLCC; either alone or with your partner, or colleague for example.

These lessons are organized according to the availability of both the student and the teacher. One of the advantages is that the students can influence the content of the lessons; if they need specific vocabulary for their work for example, a special course programme can be arranged.

Intensive Courses

This Summer the CLCC organized 3 intensive beginners courses; all of them were a success! The students were motivated and worked hard to achieve their goals.

Some of them had come to Portugal to work and needed the knowledge to be able to get by at work.

Others had already been living here for a while, and took the



purchase, as are vouchers for treatments and Elemis Gift packs: surely a great Christmas present for yourself or your other half.

Joe Newland, the enthusiastic Gym Manager, leads a team of experienced personal trainers, who aim to encourage clients to achieve their objectives with great health advice and leading Technogym equipment.

Clients get a complete fitness assessment and programme when they first become a member for a month or more. This includes a thorough body composition scan measuring height, weight, fat percentage, Body Mass Index, blood pressure and resting heart rate.

After a discussion of the results, a personal trainer will design a tailor-made exercise programme to help the client achieve their goals and will explain it step by step.

Furthermore, Joe and his team carry our re-assessments every 6-8 weeks to check progress.

If the gym is not your thing

why not try something new! Studio classes may be the ideal answer - they boost self esteem, and make you feel you have achieved something every time. Popular classes on offer include Just Pump, a new, fun, toning group class using free weights to great music. As well as Spinning, Circuit Training, Yoga, Pilates and Aqua fit, there will be more classes coming soon.

There are many membership types to suit all clients and various promotions run throughout the year. Six month memberships, for example, can be paid by direct debit which entitles you to a month for free making the payments even easier.

Estrela Health & Beauty is open 7 days a week 07h30 - 21h00 on weekdays and 08h00-18h00 at weekends. For more information please contact Reception on 282 771 200 or email: hbreception@oceanicogroup.com. Alternatively check out the website www.oceanicogroup.com.

opportunity to learn Portuguese in a shorter period of time. CLCC is continuing the intensive courses, not only because they were such a success, but also because they are still receiving requests.

More courses have been planned for November, and the CLCC foresees more of them in the future. For more information www.clcc.pt or email geral@clcc.pt. For phone enquiries call (+351) 282 430 250.

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Learning Portuguese (PLE)

The CLCC realised that many foreigners had settled in the Algarve, and with this in mind they specialized in Portuguese for foreigners.

Throughout the year you can attend several Portuguese courses at the CLCC (Beginner, Intermediate, Advanced and Conversation classes).

The CLCC offers free enrolment to people who enrol in a

PROPERTY

A 10 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 25 Oct 2008

PROPERTY OF THE WEEK

Este Algarve Properties, explore the Eastern Algarve



Este Algarve Properties derives from the original real estate company 'Sotavento' and has been in business for nearly 30 years making it the oldest estate agency in the Eastern Algarve, working from 2 offices: One is situated on the main EN125 road, between Vila Nova de Cacela and Altura, the second office is to be found in Cabanas, Tavira, right on the waterfront.

Este Algarve is run by Frances Belo who is English with two grown-up children, and is married to her Portuguese husband José, a property developer, hence the driving force and knowledge of the local property market.

As the name implies, Este Algarve works exclusively in the East Algarve and covers the area from Faro / Olhão across to the Spanish border and offers a wide range of properties, anything from a little cottage in need of restoration with a garden close to the Quinta da Ria golf course for €75,000, to a very beautiful luxury villa T3/T5 with lovely garden, garage and pool available for the amazing value of €850,000.

There is, at present, a very good opportunity to buy a 2 bed, 2 bath villa in need of TLC in Cabanas with access to a pool for €190,000, which makes this a very attractive proposition.

Some people however, are looking for a comfortable apartment they can lock up and leave. Este Algarve can provide a very good selection including apartments within walking distances of a golf course, and lovely apartments with access to four pools, right in the centre of Cabanas close to all amenities, starting at €126,000.

Este Algarve's offices are open every day (excluding Sundays) and the multi-lingual team are ready to help you choose the 'ideal' property, then making introductions to the right lawyer, architect or builder to make life as easy as possible for the client.

The East Algarve is an area that is so worthwhile visiting with its spectacular beaches, there is much to see, such as the towns of Tavira or Vila Real de Santo António, the medieval village of Cacela Velha; even the flamingos and the salt pans at Castro Marim and the beautiful unspoilt countryside – there is something for everyone!

Here is a small selection of what Este Algarve can offer:

Property 1: A villa in Altura / Castro Marim - Close to beach and golf courses, lovely sea view, very comfortable villa type T3 / T5, fenced plot w/ 1.600m2, air conditioning in all rooms. Own swimming pool (12m x 5m). Three floors. Large sitting room (43m2). €850,000.00.

Property 2: Cottage with land - Conceição / Tavira - 3 rooms in need of total restoration with bread oven, south facing walled garden, in a small

hamlet, 2kms from Quinta da Ria golf course and 3kms from Tavira and its beaches. €75,000.00.

Property 3: Villa, Cabanas / Tavira - In need of TLC, type T2, w/ 2 floors, within walking distance of Cabanas, 3kms from Tavira, 1 km from Benamor golf course. Semi-detached. Total area of 108m2, including terrace areas: 34.24m2. Roof terrace w/ nice view. €190,000.00.

Property 4: Villa, Moncarapacho / Olhão - 10mins. from Moncarapacho, surrounded by 5,300m2 of land. Central heating. Sold furnished and equipped. Permission for a swimming pool (42m2). Lower floor: large sitting or games room (62m2). Ground floor: dining / sitting room, equipped kitchen, storeroom, bedroom, 2 bathrooms, workshop (26.90m2). €285,000.00.

Property 5: Apartment - Conceição / Tavira - Within walking distance of 'Benamor' golf course, Conceição train station, type T2, on 2nd-floor. Lovely view over garden. Sold furnished and equipped. €148,000.00.

For more information, call: (+351) 281 951 165 / 281 370 761, mobile: 912 177 055 / 917 212 498, e-mail: belosantos pedras@hotmail.com, or see website: www.estealgarve.com.



Property 3



Property 2



Property 5



Property 1



Property 4

Errata:
With regards to last week's Property of the Week (Edition 981, October 18th, 'Cerrinho Heights'), we would like to rectify that the correct e-mail address is: jpaires@edwardjonescasas.com. We apologise for any inconvenience this may have caused.

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Tel: 281 370 277
Fax: 281 370 761
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Fazfato / Vila Nova de Cacela
This property, in need of complete renovation, could be a delightful cottage w/ front south facing patio, located in a pretty row of Algarvean cottages w/ beautiful sea view, 18 km north of Vila Nova de Cacela, close to Monte Rei golf course. Shared bore hole. Mains water close by.
EA 035 RFF / € 55.000 O.N.O.



Neighbourhood Azinhal (North of Castro Marim)
2 bedroom house (92.60 m2) w/ solar panels, A/C in bedrooms, large covered terrace (44 m2) & easily maintained paved garden area (60 m2), workshop in basement, roof terrace w/ lovely views, within walking distance to village, 15 mins. to Vila Real (border town to Spain), various beaches & golf courses.
EA 043 HNAZ - € 150.000



Neighbourhood of Stº Catarina
Land w/ project in beautiful & peaceful surroundings in the countryside w/ lovely views of river & countryside, approx. 6 mins drive to Stº Catarina & 20 mins to Tavira. Consists of 4.253,27 m2 of land & approved project for 3 / 4 bedroom villa (ground & 1st floor). Exterior walls already built. Bore-hole. Elec. Good access.
EA 062 LPSCAT - € 180.000



Villa Estiramantens
Comfortable & tasteful 3 bedroom villa built to a high standard, w/ A/C, beautiful sw. pool, large terrace areas, roof terrace, garage & carport surrounded by 2.160 m2 of well looked after garden, 6 driving mins to Stº Estêvão & 15 mins to Tavira. To be sold furnished & equipped.
EA 051 VEST - € 460.000



Neighbourhood Tavira (North of Cabanas)
Comfortable 2 bedroom, 2 bathroom bungalow style house w/ large east, south & west facing terraces affording stunning views of sea & countryside w/ 980m2 of land consisting of a beautifully arranged garden, in peaceful surroundings in countryside, but not isolated, 20 mins drive to various beaches, golf-courses & Tavira.
EA 72 HEST - € 275.000

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Tavira
• Building Land 16.600m²
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• 49 apartments & 20 t/houses
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• Country & sea views
• Similar plot-Ref TRA1161
Ref. TRA1160
Price: € 3.200.000



São Brás de Alportel
• Lovely new apartments
• Communal pool, garden
• Ideal central location
• 2 & 3 bedrooms, 2 bathrooms
• Garage, lift, roof terrace
• Sizes 79m² - 135m²
Ref. A1162
Price: € 121.000 - € 166.000



São Brás de Alportel
• Attractive villa built 1988
• Pool 8m x 4m & terrace
• 3 bedrooms 3 bathrooms
• Gas central heating
• Garden & country views
• Villa 200m² plot 1000m²
Ref. V1093
Price Reduced: € 340.000



Montenegro, Faro
• Family villa, urbanisation
• Close to Faro town
• Convenient for airport
• 4 bedrooms 2 bathrooms
• Garden & parking area
• Villa 110m² plot 420m²
Ref. V1163
Price: € 395.000



Santa Bárbara de Nexe
• Beautiful spacious villa
• Pool & terrace, sea views
• 4 bedrooms 2 bathrooms
• Gas central heating
• Garden & fruit trees
• Villa 205m² plot 3.780m²
Ref. V1164
Price: € 478.000



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Price: € 345,000

Vilamoura
2 Bedroom / 2 Bathroom 'Fully Furnished' duplex apartment located at the Old Village in Vilamoura. This lovely apartment has a private roof terrace with golf & sea views.
Price: € 270,000

Vilamoura
3 Bedroom townhouse with private swimming pool, garden and roof terrace located on 'Rua do Brasil' with easy access to the old village, marina and beach.
Price: € 309,000

Vila Sol
3 Bedroom single story 'Fully Furnished' detached villa located in the golf & spa resort of Vila Sol offering air conditioning, lounge with fireplace and privatised swimming pool.
** Includes Vila Sol Golf Title.
Price: € 875,000

Vilamoura
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Price: € 1.275.000

S.B. MESSINES Refº V72018
Old Wind Mill fabulously transformed into a 5 bedroom detached villa. Lots of character. Located on very quiet area approx. 5 mins drive from Messines. 1.440sqm plot w/ 221sqm constr. area. Living room w/ fireplace & separated dining area. Lovely conservatory. Fitted kitchen. Garden w/ sw. pool & ornamental pond. Private parking for several cars. Panoramic views over country.
Price: € 350.000

VILAMOURA Refº A72019
3 bedroom apartment located on a complex with large green areas and communal pool. Very quiet area between the Pinhal and the prestigious Old Course. 115 sq.m. of constructed area. Furnished and equipped. Balcony with BBQ. Near several golf courses and less than 5 minutes drive from the Marina in Vilamoura and the beach. Excellent letting potential.
Price: € 205.000

VILAMOURA Refº A71861
2 bedroom apartment located in a closed complex with reception, large green areas and three swimming pools. Between the Pinhal and the Old Course. Approx. 15/20 min. walk to the Marina & beach. 120 sq.m. of constructed area. Furnished and equipped. Air conditioning. Private garden w/ direct access to the pool area. Private parking space. Storage. Impeccably well maintained.
Price: € 295.000



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Vilamoura

2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, equipped kitchen and terrace. Communal swimming pool and garden area. Tennis court. Construction area - 96 sq.m.

Ref: A1255

Price: € 185,000



Boliquireme

Restored country villa composed of 3 bedrooms, 2 bathrooms, lounge with fireplace and dining area, equipped kitchen two storages and terraces. Garage, barbecue, swimming pool and garden. Project approved to extend villa. Plot area - 4.500 sq.m. Construction area - 400 sq.m.

Ref: V12553

Price: € 365,000



Vilamoura

Attached renovated villa composed of 2 bedrooms + 1,2 bathrooms, lounge with dining area and fireplace, kitchen, storage and terrace. Swimming pool and garden. Barbecue, furnished and equipped. Construction area - 125 sq.m.

Ref: V12573

Price: € 375,000



Loulé

Country villa composed of 3 bedrooms 2 bathrooms, lounge with fireplace, dining room, equipped kitchen, storages and terraces. 2 bedroom apartment in annexe, garage, swimming pool and garden. Plot area - 35.492 sq.m.

Ref: V12562

Price: € 550,000



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Ref: LHV-1020 Price: € 450.000



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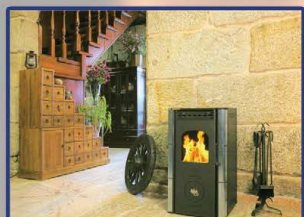
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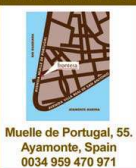
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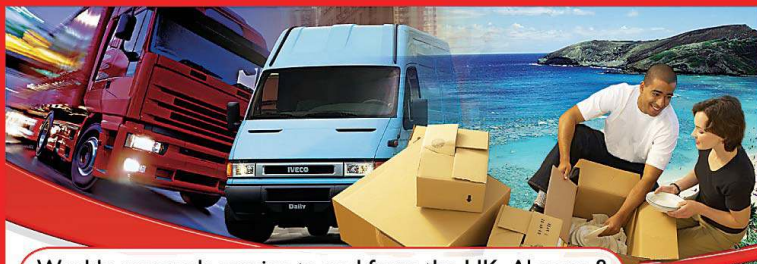
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Sítio dos Quartos / Almancil Modern Three Bedroom Villa with Pool



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Bathrooms: 3
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Plot size: 1000 m2
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Tips for... dealing with damp

- Common causes of damp include missing or blocked guttering and downpipes, missing or loose flashing, and missing or loose roof tiles. Flat roofs can also lead to leaks and damp because they're only watertight if properly sealed. If you think your home has any of these problems, don't delay in tackling them if you feel confident to do so, or call in a professional.
- If you have damp, it may be that your home's damp-proof

course (assuming it has one) is being prevented from doing its job properly. You should be able to see the line of the damp-proof course along the exterior brickwork of your home, several inches up from the ground. If the level of your garden, patio or path is higher than the damp-proof course, it won't work properly so do something about it.

- Another potential cause of damp is the exterior fabric of your home. Common problems include deteriorated pointing, deteriorated or cracked rendering, and bricks that have become porous. Again, you can fix these things yourself, or get a builder in if you're not confident you can deal with them properly.
- You can get liquid sealants to apply to the exterior of your home to stop the brickwork being porous, but only use them when the bricks are dry. Afterwards, your home should retain more heat because the

bricks are no longer damp.

- You can also get liquids to seal interior walls against damp and cold, but these should only be used if you've addressed the cause of the problem and only on walls that are above ground level. Ensure that you strip the walls of any wallpaper or flaking paint and clean them thoroughly first, then paint the liquid on, following the manufacturer's instructions.

Top tips for... frosting windows

- Frosting film is a contemporary solution to the problem of window privacy and can be fitted even by novice DIYers. Frosting sheets can also be used on doors and above doors to display the number or name of your home.
- The problem with frosting is that you can't see through it and you can't remove it easily, unlike

net curtains and blinds. You can get around this by only frosting the lower half of the window, or choosing frosting with a pattern which enables you to see out through the cut-out shapes. Patterned frosting sheets tend to be much more expensive than plain ones, though.

- To fit a sheet, cut it to size on a clean, hard, flat surface. Clean the window and remove any dried-on flecks of paint with a window scraper, then spray with a soapy water solution. This allows you to move the sheet around once it's on the window. Peel off the backing paper and slide the sticky sheet on to the window. Once you're happy with its position, carefully expel any air bubbles (from the centre outwards) using a plastic scraper, which is usually supplied with the frosting. Any hard-to-budge bubbles should be pricked with a pin and smoothed out.

- If you're using an expensive patterned sheet, it's a good idea to have a go with a cheap plain piece first and to order more than you need in case you make mistakes. You may find it hard to get an exact fit, particularly on period windows because they're often not square, so measure very carefully and be prepared to have a couple of goes.

- Don't be tempted to use frosting sprays, as it's hard to get an even coat using them and you'll probably get through lots of cans trying.

Seasonal task...

The trees are starting to shed their leaves, and you need to make sure they don't block your home's gutting, downpipes, drains and flat roofs because they can cause problems, not least damp and leaks. Make regular checks at this time of year.

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Ask the expert...

Q: What's the easiest way to paint stair banisters?

A: The problem with painting banisters with a brush is that it's fiddly and the paint tends to bunch, creating a poor finish. You can end up endlessly sanding what you've painted to get rid of the bunching and never getting anywhere. Using a spray gun is a good alternative, though you'll need to mask off the surrounding area and take all the necessary safety precautions. You may also have to dilute the paint to stop it clogging up the nozzle, but you will have the job done in no time at all.



Colour your plot with conifers



Sawara Cypress / *Chamaecyparis Pifera 'Curly Tops'*



Yellow Cedar / *Thuja Occidentalis 'Danica'*



If you have no time and little space in your garden, take a trip to the conifer section of your garden centre.

the ultimate low-maintenance, high-impact border.

Plant them in the right spot and they should only need a little pruning and watering. They are generally pretty disease-resistant and just need a little loving care during really cold spells.

"They create a very striking look and have the same impact as a larger feature plant," says Roger



Japanese Cedar / *Cryptomeria Japonica 'Sekkan Sugi'*

Ward, chairman of the Association of British Conifer Growers.

Good stand-alone specimens in terracotta pots include the conical white spruce (*Picea glauca albertiana* 'JW Daisy's White') for a formal look, while unusual conifers such as the Japanese cedar (*Cryptomeria Japonica* 'Sekkan Sugi') provide a taller, more feathery textured effect.

If you want extra height in a shrub border, or a tall feature set in the lawn, good varieties include *Juniperus scopulorum* 'Skyrocket' or *Taxus baccata* 'Fastigiata Aureomarginata'.

Tough conifers such as taxus, pines and picea are also great for roof gardens as they are naturally hardy and their needle-like foliage is wind-resistant.

Conifers are tolerant of most soils and positions. Yellow or gold varieties do need sunlight to maintain their richness, so avoid your darkest spot for them. All forms of yew are tolerant of

chalky soils and some blue spruces and firs prefer acid soils to give the best colour.

Spherical, or bun-shaped, conifers work well as punctuation points at the apex of a border, on either side of entrances or give strong shape in a border of daintier perennials. Examples include *Chamaecyparis lawsoniana* 'Minima Glauca' and *Thuja occidentalis* 'Danica'.

Most conifers cannot be hard-pruned to rejuvenate them or reduce their size. However, yew (*Taxus baccata*) responds well to hard pruning and mature yew hedges can be cut right back to the bare stems to reduce their width.

Newly-planted conifers are most at risk from the drying effects of strong winter winds, which are more likely than frost

to be the cause of browning or death in winter.

The answer is to plant your conifer in a sheltered spot where it has the protection of other plants or a wall. Smaller conifers can be protected with cloches or horticultural fleece, until they are more established.

Hannah Stephenson

Top tips to:

Plan a new garden

- Use graph or squared paper to draw a plan of the existing plot, choosing a scale which allows the plan to be as large as possible on the paper. Plot the outline of the house and the furthest corners of the plot first, checking measurements from one fixed point to another.
- Mark existing features which will remain in position, including shrubs and trees you are keeping, buildings and obstacles such as manhole covers.
- Use sheets of tracing paper laid over the plan to experiment with options, trying to visualise what they will look like from the main viewpoints, including the house windows and the main seating areas. Don't make it over-complicated. Simple shapes and clean lines always work best.



English Yew / *Taxus Baccata 'Fastigiata Aureomarginata'*

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Three ways to ...

Plant bulbs

1. In pots, plant bulbs close together for instant impact.
2. In the border, dig one large hole big enough for a few bulbs, rather than digging a few little holes individually with a trowel or bulb planter. Loosen the soil at the base with your fork to improve drainage.
3. Always raise pots of bulbs off the ground by using pot feet or a stand, otherwise moisture will seep up through the pot from the ground during wet weather and rot the bulbs.

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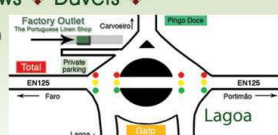
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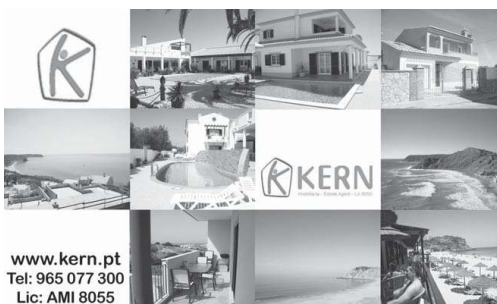
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A child using a mobile phone.

Ask the expert

Q: "I've read about a new study which suggests mobile-phone use could increase the risk of brain tumours in children. Do I need to stop my 12-year-old daughter using her mobile?"

A: Eileen O'Connor, trustee at the Radiation Research Trust (RRT), an independent body that provides facts about electromagnetic radiation and health, says: "There have been numerous studies that support the theory that exposure to mobile-phone radiation causes adverse health effects."

"Most significantly, evidence shows an increased risk of developing brain tumours, particularly after long-term mobile-phone use of over 10 years."

"Recent research led by Professor Lennart Hardell in Sweden indicates that children and teenagers are five times more likely to get brain cancer if they use mobile phones."

"But what research hasn't determined to date are the long-term health effects associated with mobile-phone use. Existing guidelines only protect the public from acute radiation effects such as shocks and burns, and don't consider effects that take place over a longer period of time, for example a person using a mobile phone from a very young age."

"Our children are extremely vulnerable from mobile-phone radiation. Their brains, due to skull formation throughout childhood years, absorb a greater proportion of radiation emitted by mobile phones."

"Therefore, more research is urgently needed to establish the true health risks. While this takes place, the RRT believes the UK Government should adopt a precautionary approach, providing appropriate guidance to the public."

"We think the public, particularly children under 16, shouldn't use mobile phones while the jury is still out. If they must use them, it should be for emergencies only, keeping their calls short and making limited use of text messaging."

"We'd also advise people not to carry mobile phones next to their bodies."

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

A secondary school in the UK has introduced compulsory clip-on ties in a bid to smarten up its students.

Traditional knotted ties have been banned at the Arthur Terry School in Sutton Coldfield, and headteacher Christopher Stone claims that students' appearance, behaviour and attendance have improved as a result.

"Our attendance has risen since the ties were introduced and I think it's now one of the best in the area," Stone said.

Who would have thought that after all the wrangling about how to improve schools, all that was really needed was a clip-on tie?

A magnetic construction kit has won an award for the most intelligent children's toy.

The MagNext kit, which allows children to build towers, bridges and other constructions while learning the principles of engineering, has been named Smart Toy of the Year by the Science Museum.

The awards are designed to help parents and children choose the most fun, educational and intelligent toys on the market.

And if MagNext teaches children the principles of engineering in a fun way, that's very smart indeed.



A child playing with MagNext

Babies have a sense of rhythm early in their lives which could help pinpoint possible future problems, according to research led by the University of Plymouth.

A study of how babies perceive the world when they're born showed their brains can detect subtle changes in musical beats and the pitch of notes.

The results mean it could be possible to screen children at a much earlier age to identify potential cognitive problems which might lead to poor development.

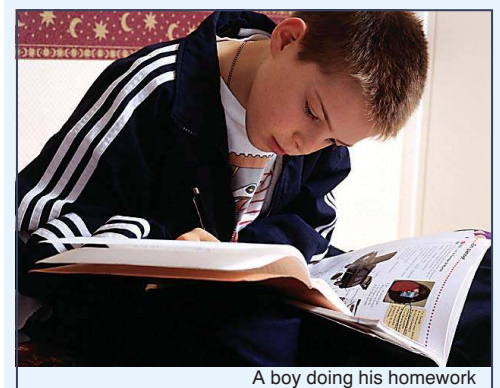
And they give weight to the old adage 'born with rhythm'.

A leading state school in the UK has cut back on homework, saying too much can put children off learning.

Tiffin Boys' School, in Kingston upon Thames, Surrey, has scaled back homework schedules from three to four hours a night to around 45 minutes to give pupils more time for developing their own interests.

Headteacher Sean Heslop said a review of homework had found that much of what was set was "mindless, meaningless and repetitive".

Surely it should be about quality, not quantity, anyway?



A boy doing his homework

When is my child ready... to give up his afternoon nap?



A child having an afternoon nap.

At the age of four, more than half of children are still taking naps, although about 70% have stopped by the time they are five years old.

It depends on how many hours your toddler sleeps at night - they need 12-14 hours per day - and they may also resist napping because they're scared they'll miss out on something.

When they're ready to stop napping, naps usually get shorter and then they start skipping them every few days before eventually stopping altogether.

Readers Tip

Get children to do chores quicker and without a fight by turning it into a contest and setting a timer.

Website of the Week:

jobs4mothers.com

The recruitment website, which is aimed at helping professional women find family-friendly jobs after taking a career break to bring up their children, has expanded nationally after initially only recruiting in the London area.

The site helps employers fill part-time or job-share posts with high-calibre professionals after parents register on it and post their CVs. There's also a jobshare board and tips on interview techniques and updating CVs.

Three ways to... deal with whingeing

1. Don't reward whingeing by giving your child what she wants.
2. Try imitating her whingeing, which may surprise and stop her - but if it makes her angry, stop the imitation.
3. Give lots of positive attention when your child asks for something properly instead of whingeing, and when she does whinge clearly point out how she should be behaving to get what she wants.

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Island Café is situated at the entrance of Presa de Moura, in Sesmarias, near Carvoeiro and offers American casual dining in the relaxing atmosphere of their new, modern restaurant. The restaurant has an airy 'garden' feel, from the moment you pass the many plants on your way in, to the very large open windows leading onto the terrace. Your host Tony Trinder says his brilliant staff will serve up-market American food which is exceptionally good value. The wine list offers a very good selection and there is a separate children's menu. There are plans for live music twice a week during the winter and reservations are recommended.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand

Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

Seattle Style describes itself as an American Bar and Chowder House and is located on Alvor's harbour next to the Lifeboat Station, overlooking nothing but the river, fishing boats and sailing yachts. As well as traditional dishes from the U.S.A. they offer steaks, seafood, giant prawns and Tex Mex - served in typically American portions - inside or outside on their large terrace. Children are welcome and there is live music every night. The Bar has Sagres, John Smiths, and Fosters beers, and also Strongbow cider on tap, plus American cocktails and fresh fruit Margaritas are a house specialty. There are wheelchair facilities.

The Cornish Range in Burgau offers a taste of Cornwall in the Algarve in their air conditioned premises or as a takeaway treat. Their range consists of traditional Cornish pasties, sausage rolls, scones and muffins, clotted cream, homemade desserts, sandwiches, 100% pure apple juice and award winning ice cream. Hmmm ... sounds delicious. Parties are catered for and they have a membership scheme for surfers and golfers.

Chocoholics Delight

Chocolate Mousse Cake

This densely chocolatey pudding is dotted with liqueur-steeped prunes, which means there's no need to add lots of sugar. For the best result, cook until barely set in the centre and serve warm with pouring cream so the flavours mingle together.

(Serves 6)

50g unsalted butter, plus extra for greasing
100g ready-to-eat pitted prunes, chopped
2 tbsp Cointreau, Grand Marnier or other orange liqueur
250g good-quality dark chocolate, broken into pieces
6 eggs, separated
4 tbsp Splenda granulated sweetener
cocoa powder, for dusting
200g raspberries

Preheat the oven to 160C/325F/Gas Mark 3. Grease and line the base of a 20cm loose base cake tin or springform tin with greaseproof paper.

Put the prunes and liqueur in a small saucepan with 1 tsp water and heat gently until bubbling around the edges. Remove from the heat.

Put the chocolate and butter in a heatproof bowl over a saucepan of barely simmering water and stir until melted. Alternatively, melt in the microwave for 1 1/2 minutes at maximum power.

Whisk the egg yolks in a bowl with the sweetener for 2-3 minutes until slightly thickened. Whisk the egg whites in a

grease-free bowl until they hold their shape. Stir the melted chocolate mixture, the prunes and any unabsorbed liqueur into the yolk mixture. Immediately fold in a third of the whisked egg whites using a large metal spoon, then fold in the remainder.

Scoop into the tin, spreading the mixture gently to the edges. Bake for 18-20 minutes or until the cake has risen and forms a soft crust. The cake should still feel wobbly underneath when the tin is shaken.

Leave in the tin for 10 minutes, then carefully transfer to a serving plate. Dust with the cocoa powder and scatter with the raspberries.

Chocolate Marquise

There are many variations of this darkest of chocolate desserts. The chocolate flavour is very intense, so it is best served in thin slices with sweet acid fruits.

(Serves 10-12)

250g/8oz unsweetened or 85% (or above) cocoa dark chocolate
125g/4oz unsalted butter, softened
180g/6oz icing sugar
150ml/5fl oz double cream, at room temperature
1 tsp instant coffee granules dissolved in 2 tsp boiled water, cooled
1 tbsp cocoa powder
Fresh sweet pineapple and Coffee Cream Sauce to serve

Line a 500g/1lb loaf tin with clear food wrap, allowing it to overlap the sides and ends. Break the chocolate in pieces and place in a heatproof bowl over a pan of barely simmering water until melted. Remove from the water and set aside.

Put the butter in a mixing bowl and sieve in the icing sugar. Gradually mix the two together and then beat until soft and smooth. Gradually beat in the melted chocolate. Stir in the cream and coffee mixture.

Pour into the prepared tin and smooth over the top. Cover with clear food wrap and chill for at least four hours until firm.

To serve, invert on to a serving plate and remove the food wrap. Stand at room temperature for about 30 minutes before serving.

Dredge all over with cocoa

powder and accompany with fresh pineapple and Coffee Cream Sauce.

Coffee cream sauce

Makes approx 300ml/
10fl oz
60g/2oz unsalted butter
125g/4oz caster sugar
125g/4oz golden syrup
2 tsp instant coffee granules, dissolved in 1 tsp hot, boiled water
150ml/5fl oz double cream

Place the butter, sugar and syrup in a saucepan and heat gently, stirring until melted and the sugar dissolves. Stir in the coffee and cream and reheat until hot - do not allow to boil. Serve hot or cold.

Restaurant guide

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Clash of the tartans

Do the highland fashion fling with A/W's tartan trend.

Bright plaid brigade

Cast aside any images of your granny wearing tartan - plaid was anything but old-fashioned on the A/W catwalks. House of Holland showcased bright pops of purple and there was

eye-catching orange at Vivienne Westwood Red Label and multicoloured neon at Matthew Williamson.

The new bright tartans are perfect for young fashion whippersnappers or those who want to give their wardrobe a serious colour surge for winter.

Styling tips: Loving this season's tartan super-brights? Turn down the colour volume a notch for daytime by teaming it with black.

Traditional tartans

If you want to get more in touch with tartan's Scottish heritage, head for more traditional shades like muddy green, navy blue and red or muted colours.

You don't even have to hit the high street to get your plaid kicks - raid your mum's wardrobe or delve through the charity shop rails to find traditional tartan you can give a new lease of life to. In the words of Carrie Bradshaw, simply 'style it up'.

Styling tips: Don't be afraid to mix and match multiple checks this season to give traditional plaids a quirky twist. Dolce & Gabbana mixed red tartan dresses with blue tartan jackets and green tartan tights.

Tartan trend accessories

If you just can't get the vision of picnic blankets out of your head every time you tackle tartan clothing, accessories are the perfect way to infiltrate the trend.

Print hosiery is a big trend for this season so flashing your pins in tartan tights or leggings is a fun way to wear the print that won't cost you the earth. Or let your accessories do all the talking with a checked bag or pair of shoes and keep the rest of your look plain and simple.

Styling tips: Buy your accessories in traditional tartan red. Not only will they have more longevity but you'll also be adopting this season's red colour trend too.

Photo of Primark blue tartan dress, £14 (17 Euros).

English, Irish or European? Who cares! When it comes to fashion this season, we're all foregoing our roots to become honorary Scots.

Tartan is one of the biggest trends to check off your fashion to-do list this autumn/winter.

But this take on the trend

isn't about donning kilts and hunting for your family tartan. Do away with tradition and think eye-popping vivid colours and clashing prints.

"Tartan has developed from a Highland craft to mass-produced, globally-consumed textile," explains Jonathan Faiers,

author of new book, *Tartan*.

"It is simultaneously regarded as quintessentially traditional and rebellious."

And whether you do want to go for Vivienne Westwood's style punk re-

bellion or go under the wacky radar in more traditional styles, there's a tartan out there for you.

Here's how to do the highland fashion fling this season.

By Lisa Haynes



Agyness Deyn wearing a creation by House of Holland, during London Fashion Week at The Village Underground.



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Junior fashion flair

Deck your little darlings out in this season's latest trends.

Kids aren't exactly economical to dress. They can outgrow new clothes before you've so much as put them on the spin

cycle, let alone survive the fashion season.

But you can dress your little darlings in the latest trends if

you're savvy with their wardrobe buys.

"Look for items that can be worn in a variety of ways to

create an individual look every time," advises Zoe Woolls, design manager at Mamas & Papas.

"Go for key items that can be layered up like jeans, chunky knits, jersey tops, smock tops for girls and grandad shirts for boys."

Consider cost per wear too when you're shelling out for children's staple buys.

"Our winters seem to last a lot longer than [until] February so buying a well-cut winter jacket could last up to six months depending on the growth rate of the child," Zoe says.

"If he or she wears it every other day it becomes an absolute value buy."

With half term approaching, now is the perfect time for kids to flaunt their new autumn/winter fashions to the max.

Dressing for the season is child's play with our style advice.

By Lisa Haynes

Girls

Catwalk trends from big name designers like Dolce & Gabbana, Givenchy and Gucci have had a huge influence on girls' wear this

season - think hippy-chic folk and lacy goth with a girly twist.

"Key pieces this season include two-in-one dresses, delicate artists smocks and chic fur gilets which have seen a huge return on the high street this season," Zoe says.

"Cute knitwear of all kinds is big news too featuring cable, chunky or fine lacy detailing."

Colours and prints: Girly shades of the season include statement red, purple and cerise, mixed up with neutral colours like grey marl and chocolates.

Boys

Make sure the boys are well-behaved in their new togs... this season is all about the preppy look. If he's more of a rebel, turn to the tougher rock trend.

"Think grandad cardigans, jeans with braces, rolled-up sleeves on tees or shirts and lined chunky knits as an alternative to outerwear," Zoe says.

"For boys this season it's all about the English eccentric traditions of paisley, checks of all varieties, linear florals and small geometric prints. It's very dapper and dandy."

Colours and prints: Boy-

friendly shades include greys, autumnal woody greens and accents of spicy shades like ambers and mustards through to scarletred.

Babies & toddlers

Don't leave babies and tots out of the fashion equation just because they can't scream and shout about what they don't like.

"Layette, which is what we call the collections for the newborn, is driven more by detail than trend, key details include pin-tucking, oversized bows, chunky knits and quilting," Zoe explains.

Toddler girls will look be on-trend in tartans and checks. Keep the look playful by mixing and matching different plaids. If your boy tot loves the great outdoors, go for rugged denim, checks, padded casuals and bright coats.

Colours and prints: Forget baby blues and pinks and look for soft muted shades of off-white, oatmeal and ice grey with delicate prints, or inject something modern into baby's wardrobe with block brights, stripes, or bold, retro styling.



Clothes from BHS. www.bhs.co.uk

Ask the expert

Q: I'm a fashion designer with big ambitions to eventually design for the high street. How do I get my break?

A: Keep your trend-setting eyes peeled for designer competitions like Mango's Fashion Awards as a style springboard. You don't get much bet-

ter than designer Valentino Garavani as chairman. Last year's winner, design duo Sandrina Fasoli and Michael Marson, scooped 300,000 Euros in prize money and their exclusive collection lands in Mango stores in January.

"The collaboration with Mango has been very important

to my career," Sandrina says.

"I'm so happy that my clothes will be seen in so many shops."

Seek inspiration from this year's 10 finalists, announced on October 16 online at www.mangofashionawards.com



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When rosy cheeks don't

Fans of Lisa Faulkner may be surprised to learn that the former teenage model and TV actress suffers from rosacea - an inflammatory skin disease that affects one in 10 people in the UK. She tells us how she's learnt to deal with the condition.

As a former teenage model and successful actress, Lisa Faulkner is used to being scrutinised on-screen and off.

The 35-year-old has made her name starring in a string of TV shows like Brookside, Holby City, Spooks and Murder In Suburbia.

Naturally pretty with a rosy complexion, she radiates a healthy glow to the cameras. So it's hard to believe the actress suffers from the troublesome skin condition rosacea.

When we meet, she's just finished a photo-shoot and looks like she does on TV. But beneath the professionally applied layers of make-up lies an unsightly red rash.

Rosacea is an inflammatory skin disease that affects one in 10 people in the UK. It can start innocently with a flush on the cheeks that lasts a little too long. Sufferers usually notice it more after working out, drinking alcohol or eating spicy food.

Lisa was starring in Holby when she first noticed the symptoms.

"About seven years ago, I remember being on set and my face was really red and the makeup girl said something," she says.

"Up until then it had been a really gradual thing. You know, when you don't realise, and then suddenly you think, this isn't going away."

Desperate to get it sorted, she went to see a skin specialist in Harley Street who prescribed steroid cream and tablets.

"I'd had courses of Tetracycline pills in the past when I'd been filming," Lisa explains. "They help take the redness down but I just hate taking them."

Tetracycline is an antibiotic that's commonly prescribed for the treatment of skin problems like acne and rosacea. However it does have side effects - the skin can become dry and flaky if over-used, or it can increase skin photosensitivity to the sun or intense light.

Obviously, this isn't great if you're constantly exposed to the harsh glare of camera lights. At the time Lisa was using all sorts of skin products, but because nothing seemed to be working she decided to try and treat the condition without the help of steroids.

"I started to camouflage my cheeks with a lot of foundation and concealer to get the coverage and took different kinds of food

out of my diet to see if that made a difference," she explains.

"I'm different to other people. Experts don't recommend red wine and spicy food, yeast and wheat. But I've found that I'm fine with red wine and only certain types of spices make it flare up, like chilli. And my worst thing is champagne! If I have more than a glass, my skin goes really red. If we're going out and someone says 'let's get a bottle to celebrate', of course I'll have a glass. But then I'll stop."

Three years ago Lisa married actor Chris Coghill, her co-star in Burn It. Coghill will soon be joining the cast of Eastenders in the role of Tony King, Bianca's (Patsy Palmer) partner.

Rosacea or not, it's always a

bit of a tester when the man in your life sees your naked face for the first time. Did she feel self-conscious in the early days?

"No. I think I was so completely swept up by him, I didn't ever think about make-up or anything. He made me feel so happy and confident, like it should be."

Lisa's svelte figure is a testament to her healthy diet and lifestyle. White bread used to be her favourite treat but it's been banned from her shopping basket.

"I have rye bread instead and organic wheat-free crackers," she says. "I eat a lot of rice and pasta, which my skin seems fine with, and lots of fish, chicken, red meat and vegetables."

Apart from diet, she believes

Actress,
Lisa
Faulkner



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appeal

the worst culprit for rosacea is emotional stress.

"When I'm really stressed, as well as having it on my cheeks it goes from my chin straight up to the top of my forehead."

Lisa's search for a remedy for her rosacea has seen her try many different products - and she now thinks she's finally found something that works.

"I've tried a lot of anti-redness things and they've worked for a while but then it always comes back. I've been using Rio Rosa Mosqueta Oil for about eight weeks and I'd say after two to three weeks there was a complete difference.

"I said to my hubby, 'Can you believe how much it's gone down? It's the little bottle of rosehip oil by the bed'. Honestly, to have found something that's completely natural that works. It's a miracle!

"I can now walk out the door without foundation and look 'well' as opposed to 'flushed'," she says happily.

Lisa's tried to reduce the number of products she uses to let her skin breathe, and stays clear of exfoliants and facials.

"I use REN Foaming Cleanser for sensitive skin from Space NK, followed by Rio Rosa Mosqueta and Elemis Pro-collagen Marine Cream. But I'm always changing," she says.

"Make-up artists are always telling me to try different things. I find they settle on my skin for a while, but then I become allergic to them. At the moment I'm using Creme de la Mer Fluid Tint. On top of that I apply Laura Mercier Secret Camouflage to create a barrier and hide the redness.

"I'm constantly re-touching and have to carry lots of sponges round with me! Some days it goes on perfectly and there are other's when it just sits on the skin and goes cakey. The make-up girl today used RMK Make-up Base which is my new favourite."

As well as going to yoga classes two or three times a week, Lisa's new favourite form of exercise is going to notoriously tough Spin classes, where participants work out on stationary bikes.

"It's hideous for my face but I just love the music," she says.

"Since I've been going I've cut down on the yoga, but for stress levels I need to go back to it. Triyoga in Primrose Hill has amazing teachers and I swear by Ashtanga and Hatha. For mind, body, strength, posture and flex-

ibility it's brilliant. But for weight and immediate results it's Spin for me."

When the celeb couple aren't working, Friday night is date night. They love Spanish food and one of their favourite hang-outs is Camino in Kings Cross for delicious tapas.

"I think it's really nice to get dressed-up and go out. I've just bought the most beautiful shoes which are amazingly comfortable."

Lisa reaches into a New Look bag and produces some very high silver platforms that cost her £25.

"I'm not a designer person," she says with a smile.

"Our life is so normal, we just like having a nice time. Chris plays football every Monday night with the boys. At the weekends we'll go for a walk or the pub for

Sunday lunch. The Clissold Arms in Muswell Hill do a great roast dinner. I love a roast! Sometimes we'll go away for the weekend, Babington House if we can get there."

The actress hasn't been on our TV screens this year but she's excited about future projects.

"They're a couple of things coming up that I can't jinx. I've been doing voice-overs for the BBC documentary Heir Hunters about tracing wills which I really enjoyed.

"I'd love to do some West End theatre. I did a stint in the Vagina Monologues and loved it. TV's great but you play characters quite near yourself. Theatre's more challenging. I'd like to get on stage every night and play the same role, but somehow it would always be different. That's fas-

cinating to me."

One thing she's definite about is that her modelling days are behind her. "I did do loads of modelling when I was younger for all the teenage fashion mags," she says. And when I started acting about nine years ago I did a lot of men's mags like FHM and Esquire, which was great. I had a nice, tight little bottom then and didn't really mind getting it out. Whereas now I think I can leave that to the younger girls!"

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A Stein-style taste of france



If you fancy a trayful of oysters for brunch, and those left over reheated at teatime - someone really did, one day - then your gourmet chef with the Artful Dodger haircut will be only too happy to oblige.

Picpoul de Pinet wine, from grapes gathered east of nearby Beziers, were already well advanced by that stage.

Before joining the boat, we had a day to spare, exploring the splendid city of Montpellier. And a glass or two of Picpoul proved a delightful treat over

lunch in the sun in one of its many leafy squares.

Our further education in food and wine now lay largely in the hands of our splendid chef, Slawek Bielak. As we took a sharp right turn into the Canal du Midi, its banks lined by soaring plane trees, Slawek was explain-



The charming lady in Marks & Spencer's bureau de change wondered if my haul of Euros would suffice for six days in a barge exploring the wide open spaces of the Camargue and the coastline of Languedoc-Roussillon. "It will never be enough", she said. "Not for the South of France with the Euro so strong."

But that's one of the attractions of river cruising, the intimate, luxury alternative to superliners of 3,000 passengers and sometimes more; this is really 'Charles and Camilla' style cruising, with staff tending to

any needs, a gin and tonic available at any time of the day and night, and little sign of a sordid thing called cash.

If you fancy a trayful of oysters for brunch, and those left over reheated at teatime - someone really did, one day - then your gourmet chef with the Artful Dodger haircut will be only too happy to oblige.

But the main appeal of barging through France - as TV chef Rick Stein illustrated with his series aboard a barge in these same waters a few years back - is that the landscape and historic towns and cities are often at their most

beautiful when approached by the river or canal.

I found it hard to believe that Languedoc-Roussillon was for years viewed as the mosquito-ridden poor relation of France's Mediterranean coast, and a pale shadow of its more illustrious neighbour, the Cote d'Azur.

This time, its beauty often left me open-mouthed. Or at least, barely strong enough to ask a crew member if he might be kind enough to top up my glass of chilled Sancerre.

If there is a more memorable way of arriving in historic Avignon, and glimpsing the triumphant silhouette of the Palace des Popes than clutching a glass of champers on the River Rhone, then I have yet to discover it.

Of course, there's often a serious side to exploring the heritage of this particular corner of France. Nobody touched a drop during our first stop, the old medieval city of Pezenas, which the playwright Moliere made his home in the 17th century.

The regular glimpses of wildlife would have left even Bill Oddie gasping; approaching the citadel of ancient Aigues-Mortes, where the port began to silt up around 1350, it was possible to see multi-coloured African birds, cranes and swallows across the flatlands of The Camargue, while white and grey horses loped lazily along the riverbank.

Our epic voyage actually began in the ancient town of Agde. Just eleven guests boarded L'Impressioniste, described by owners European Waterways as "a floating hotel", to be greeted over champers and canapes by a

crew of five dressed in elegant white uniforms and looking rather like a Royal Navy reception in Buenos Aires.

The captain, Nicolas Guedet, a jovial seafaring son of the Vendee, explained that the fine food and wines of the Languedoc-Roussillon region would be a key theme of our six-day voyage to the historic city of Avignon.

As luck would have it, our researches into one local delicacy,

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Pictured above: The interior of L'Impressioniste barge; above left: L'Impressioniste barge as night falls; right: Sparkling wine being served onboard the barge. Opposite page - left: L'Impressioniste barge, passing through the French countryside; right: Gourmet food is served onboard L'Impressioniste barge.

ing that he arrived in London from north-west Poland, intending to train as a banker, before boredom sank his grand career plan and he began to train as a chef.

The only problem of living with Slawek's sublime cooking skills is staying awake in the afternoon.

After a light lunch of crab and avocado salad with apple and melon sauce, a main course of grilled chicken on a saffron risotto, followed by pineapple risotto, all liberally washed down with an impressive bottle of Domaine Chasson Cotes du Luberon, I found myself quite

unable to take up the kind invitation of an hour's cycle ride on one of the mountain bikes conveniently tethered on deck.

But one of my fellow guests who had, I understand, trained either with the SAS or possibly Rosslyn Park's fourth rugby team, quite fancied the idea - and belted all round the town of Sete at the speed of light.

Meanwhile the avalanche of cheeses rolled out with each meal had to be sampled to be believed: Livarot, Saint Nectaire, Pont l'Eveque, Comte, Brie de Melun and Reblochon.

But there was some welcome

exercise one early morning, when we found ourselves moored on a canal just outside Montpellier and barely 200 yards from a sandy beach.

The staff handed out bathing towels, and we took a bracing splash in the chilly Med before breakfast.

Although the vessel, nearly 400 tonnes when fully loaded, began life as a working barge in the docks at Amsterdam in the 1960s, lavish refurbishment has created a grander vessel in middle age; the living/dining area and cabins below are air-conditioned, and decks are made of teak.

Slowly our life of luxury evolved into a beguiling routine.

Each day there was an excursion, in an air-conditioned people-carrier, guided by a member of the crew. Our vehicle carried chilled bottles of water, just in case we found the walking a little arduous.

One day we set off a little later, after Slawek had rattled up a splendid brunch of eggs benedict and smoked salmon, eaten on deck as we sailed past banks and banks of yellow irises through countryside where the artist Van Gogh is supposed to have gained his inspiration.

No two stopping places were quite the same. In Marseillan, a modern marina town on the lake of Bassin de Thau, we spotted our sister ship the Anjodi, on which Rick Stein filmed his TV series.

Arles, with its great Roman amphitheatre, Van Gogh Centre and market stalls of Provencal lavenders and soaps made another inspiring excursion, and we might have added elegant Nimes, equally proud of its Roman heritage, if only we hadn't run out of time.

There was always time for a leisurely lunch, however, before it was time to chug along to a new destination by nightfall.

On only one night was Slawek

allowed to forsake his duties in the kitchen. On the final evening in Avignon, he went out with a bang: Croustillions of oriental beef as a starter, followed by tuna steak in soya sauce and white chocolate cheese cake, after the usual spectacular choice of cheeses.

Luckily nobody had a pair of scales to weigh themselves before we were driven to the rail station in Avignon. And the TGV express ride back to Lille, before the change of trains to Eurostar, hardly felt like five hours, because the views of landscape and hillside hamlets are often stunning enough to interrupt your reading.

Long before we raced through Kent at supersonic speed, I reasoned there was another good argument for luxury barging - you don't have to go anywhere near a crowded airport.

TRAVEL FACTS

Jeremy Gates was a guest of European Waterways which offers six night all-inclusive voyages this summer until Nov. 2008 aboard L'Impressioniste from £2,150/€2,790 per person, including gourmet meals with wine, open bars and daily excursions. Price based on two sharing double cabin. The exclusive charter price - for ten passengers taking over the crewed

ship - starts at £23,000/€29,820 per week.

European Waterways reservations: 00 44 (0) 1784 482439 and www.gobarging.com.

He travelled from London St Pancras on Eurostar to Montpellier and back from Avignon via Lille with Rail Europe, which offers standard class return fares from £109/€141.

Rail Europe reservations: 00 44 (0) 844 848 4070 and www.raileurope.co.uk

An excellent guide to Languedoc-Roussillon is published by Cadogan (priced £12.99/€16.85).

Jeremy Gates



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Lets Walk from Encherim

Saturday October 25th

A fairly easy 2 hour walk along the irrigation channel and then back through eucalyptus woods, one gentle climb 10.30 start - meet at the Cafe Prata, Encherim. Drive to

Silves, cross over the bridge and turn right, at the roundabout take the first exit direction Messines and Encherim is 1km along this road with the cafe on the right.

Lets Walk in the Serra de Cão

Wednesday October 29th

An easy circular walk of just over 2 hours through totally unspoilt countryside. (No steep climbs!)

10.30am start - meet in the centre of Barão São Miguel by the cafe and church. Exit the A22

at the west end, follow the road back towards Lagos, pass through Bensafim and turn right in the direction of Lagos Zoo. Follow the road for 8km passing through Barão S. João on your way to Barão S. Miguel.

There is no need to book please just come along with a sense of humour - these walks are about having a good time, getting some exercise and seeing new parts of the countryside. There is a charge of €5 per walk which includes a donation to charity. Walk organiser - Julie Statham 965 753 033 or www.portugalwalks.com

Next walks:

Wednesday November 5th - Let's Walk from Odiáxere

Saturday November 8th - Let's Walk from Benafim

(full details in the next issue of The Portugal News)

St. Andrew's Ball

St. Andrew Society Algarve are holding a St. Andrew's Ball at Hotel Tivoli Almancor, Praia do Carvoeiro on Saturday 29 November at 7pm. Dance to music by sounds of Isle Ceilidh Band. Please contact Kathy for tickets. Tel: 919 635 246.

Grand Buffet & Dance

In aid of the Lagoa Bombeiros

Saturday, 8th November 2008 at 7.30pm
At the Hotel Garbe in Armação de Pêra

€25 admission
(incl. buffet with wine/soft drinks)

For tickets or information call:
Val - 282 471 550 • Julia - 919 679 404 • Do - 967 095 943

Bowls Algarve

Eurocooling Thursday League

As the new season gets into full swing, we are pleased to announce that our sponsors for 2008/09 are Eurocooling and we look forward to working closely with them to make this a very successful season for all concerned.

The first series of matches took place at Alvor with eight teams completing for the league title this year. We have a new format, two wood triples over 21 ends, two triples for each team, the aggregate to decide the winner. ABC Braves played Alvor Aces and the Aces ran out winners by 56-31 and six points to nil. PDF Panthers took on ABC Chieftains and were winners by 47-32, also taking all six points. Canela Storks played the Alvor Diamonds, who proved very strong, winning 51-18 and six points to nil again. The final game saw Canela Seagulls play Tavira, who won well by 62-21 and again by six points to nil. The next series is on 30th October at Isla Canela.

Alan Clarke - League Director

One to One Winter League

The second round of matches saw the debut of the Alvor Wanderers, who were at home to the PDF Sinners and ran out convincing winners by 83-29, bagging all seven points. Meanwhile also at Alvor, the Harlequins recovered from their disappointing start last week, by beating the Tavira Titans 50-34 and by 5 points to 2. Tavira Tigers continued their excellent start by narrowly defeating the Gladiators 57-49 and by 5 points to 2. The final game saw ABC Cats taking on the Alvor Greens and recording a handsome victory to kickstart their season, winning by 88-25, sweeping all seven points. PDF Crusaders rested this week, so have yet to join the fray, having had last week's match washed out at Alvor.

The early league table shows the Tigers on top with 10 points, the Cats, Harlequins and Wanderers each have 7 points, whilst the Greens and the Sinners have 4 a piece. Then come the Gladiators and Titans with 2 each, while the Crusaders have yet to play.

TELL THE NATION ALL ABOUT IT

Send your stories & pictures to:
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CHARITY GOLF DAY ON BEHALF OF ACCA

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AM-AM GOLF (2 scores to count)
8.00am shotgun start, Quinta do Lago South, Sat 6th December

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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Peter Booker will be addressing these questions in his next talk at the Municipal Library, Tavira on Friday 31 October at 11 am and at the Convento São José in Lagoa on Tuesday 18 November at 6.30 pm.

For more information: Tavira Library 281 320 576; Convento São José 282 380 434 / lynne.booker@iol.pt / 281 971 567

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events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

SPORTS



October 31 to November 2 - Bluewater LAGOS Fun Sailing Weekend for Cruisers, which will take place in Lagos. The event is organised in association with Marina de Lagos and Clube Vela de Lagos.

Due to the timing the event will have a Halloween theme, and should provide lots of fun both on

and off the water. There will be a total of five races (to include one long race on a suitable day).

Again the event provides amazing value for money. Inscription fees are only 40 euros for skipper and boat and 30 euros for each crew for the **WHOLE** event. This includes:

- ▷ Berthing in Lagos Marina from midday on 30th October to midday on 3rd November.
- ▷ Drinks at the end of each day with daily results announcements.
- ▷ Results, final overall placings and prizegiving at a Halloween Party with food, drink and live music on the final evening - 2nd November. This will be at the lovely Portal do Infante Restaurant on the Marina itself.
- ▷ Boats inscribed by 23rd October receive FREE race shirts for all crew.

Non-sailing guests can take part in the social events for a fee of 30 euros, which covers all three days. Also, if anyone has a boat and is looking for crew, or would like to join a boat as crew, we will be very pleased to put them together for some fun sailing!

Bluewater Algarve

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Email: joyce@bluewateralgarve.com

Web: www.bluewateralgarve.com

NOT TO MISS

Autumn Concerts by Orquestra do Algarve

October 24: The Opera 'L'elisir d'amore' from Gaetano Donizetti (1797-1848) - Coliseu do Porto in Oporto at 21h30.

October 25: Works from W.A. Mozart (1756-1791) 'Eine Kleine Nachtmusik'; from Sergei Prokofiev (1891-1953) 'Peter and the Wolf'; from Johannes Brahms (1833-1897) 'Hungarian Dance No. 5 In G Minor'; from Johann Strauss (1804-1849) 'Radetzky-Marsch (Radetzky March)'; Op. 228, conducted by Alberto Roque - Teatro Bernardim Ribeiro in Estremoz - 21h00.

Ts. 289860890-6 / 969530005 www.orquestradoalgarve.com

EXHIBITIONS

Opens October 25 - Photo & Film Exhibition 'Tavira: Sea Heritage' - Palácio da Galeria - T. 281 320 500.

Until October 28 - Works with matches by Manuel Conceição Silva on show at the Municipal Library in Castro Verde, Alentejo.

Until October 30 - Painting Exhibition 'Celebrating the World' by Brigitte von Humboldt - Lagos Cultural Centre - Rua Lançarote de Freitas, nº 7 (Lagos) - T. 282 770 450.

Until October 30 - 'FACE A FACE' - Paintings, drawings, sculptures by Aidan Bremner - Slavemarket Art Gallery, Lagos - Open daily - 919 211 557.

Until October 30 - Exhibition at Espaço Internet (Space Internet) in Silves, the works on canvas by the young participants in the Workshop of Plastic Arts (July 28-August 1), which was part of the 'Super Fixe' Programme organised by 'Juventude e Acção Social'.

October 25
♦ My Dream - Coliseu dos Recreios - Lisbon - €18 - €40.

October 25
♦ Jazz by Sofia Ribeiro Quartet - Casa do Povo de Stº Estêvão - 21h30 - Tavira.

October 28
♦ Cansei de Ser Sexy - Coliseu dos Recreios - Lisbon - €23 - €27 - T. 213 240 580.

November 1
♦ Peter Murphy - Coliseu dos Recreios - Lisbon - T. 213 240 580.

November 2
♦ Peter Murphy - Coliseu - Porto - T. 223 394 940.

November 3
♦ Guru Jazzmatazz + DJ Set Moodyman - Arena Lounge of Casino Lisboa - Lisbon - 214 667 700 - www.estoril-sol.com.

Until November 2
♦ P'Visões: O Espírito dos Sonhos - São Preto e Prata - Casino Estoril in Estoril - 214 667 700.

November 4-8
♦ Cinema Festival 'Visões do Sul' - Museu de Portimão - www.cm-portimao.pt

November 7

♦ Fat Freddy's Drop - (Carcavelos nr Lisbon) - Quinta dos Lombos from 21h00. Tickets: €23

November 8 & 9

♦ BOB the Builder Live - Atlantic Pavilion, Lisbon - 10h30, 14h30, 18h30 - 707 780 000.

November 10 & 22

♦ Guimarães Jazz Festival - Centro Cultural Vila Flor on Av. D. Afonso Henriques, 701 - Guimarães - 21h00 - T. 253 424 700 - www.ccvf.pt

November 12

♦ KEANE LIVE - Coliseu dos Recreios - Lisbon - 21h00 - Tickets from €26 to €30 - Tel: 707 234 234

November 19

♦ Scorpions - Estoril Casino - Estoril - Further info, call 214 667 700.

December 10

♦ Gogol Bordello - Campo Pequeno Bullfight Ring - Lisbon - T. 217 820 575.

February 6 & 7

♦ Giselle - Coliseu dos Recreios - Lisbon - 21h30 - Tickets: €20-€35 - 213 240 580.



Until November 16
Painting Exhibition 'Códigos de Paradoxo' by Luís Athougua - Academia de Letras e Artes - Av Castellana, 13 - Estoril - Tuesday-Friday: 10h-13h / 15h-20h; Saturday: 15h-20h - 214 685 604

Until November 9
Exhibition 'Exposição improvável... sobre Pessoa' commemorating the 120th anniversary of the world acclaimed Portuguese Poet **Fernando Pessoa** - 'A Arte da Terra' on Rua Augusto Rosa, nº 40 (next to the Church) - Lisbon - 212 745 975 - www.aartedaterra.pt.



Until October 30
100 Photos, 100 Works, 100 Years - Oscar Niemeyer by Leonardo Finotti Photo Exhibition - Centro Cultural de Lagos on Rua Lançarote de Freitas, nº 7 (Lagos) - 282 770 450.

Until November 2
Exhibition celebrating Fernando Pessoa - José da Cunha, João Gomes, Rita Matias, Ana Bossa, Alexandra Farmhouse, Elizabeth Canavarro, Manuel Carvalho are some of the names present at the exhibition. To discover in 'A Arte da Terra' Art Gallery on Rua Augusto Rosa, 40, next to the 'Sé de Lisboa' in Lisbon.

Until November 4 - Painting Exhibition 'Percursos' - by Patico - Galeria da Escola de Artes de Lagoa (Lagoa).

Until November 10 Katrina Rose exhibition - Café Inglês, Silves (Rua do Cas-telo) - 282 442 585.

Until November 10 - Painting Exhibition 'Image & Colour' - by Manuel Tarrão - Casino Estoril Art Gallery (nr Lisbon).

November 30
St. Andrew's Society (East Algarve) Annual Dinner/Dance - Cantinho do Carlos, Brancanes - 19h30 - Tickets: €30 - T. 915547621 or 914070389.

CONCERTS, BALLET CLASSIC & CONTEMPORARY, SHOWS, FESTIVALS

Until October 25
Rui Horta / Edward Clug by National Ballet Company - Teatro Camões in Lisbon - 21h00 (Sat at 16h00) - Tickets: €5 to €20



October 25
Needcompany: The Porcelain Project - now in Portugal the renowned Belgian Needcompany with "The Porcelain Project" in a unique show - after performing on the most prestigious European festivals and stages - 22h00 - Grand Auditorium of Centro Cultural Vila Flor in Guimarães - Tickets: €12.5 (€10 w/ discount).



October 25 - Classic Music Concerts return to Salão Preto e Prata of Casino Estoril (near Lisbon) - 213 617 321

November 1 - Vinícius Cantuária in Concert - Grand Auditorium of Centro Cultural Vila Flor on Avenida D. Afonso Henriques, nº 701 in Guimarães - Tickets: €12.5 (w/discount) & €125 - 253 424 700 - www.ccvf.pt.



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November 1 to 15 - Joint Exhibition - Watercolours by Moira Maguire and Photography by João Paulo Carrondo and Gisela Buff - Armazem Regimental de Lagos - 10h00 to 19h00 every day - 966887767 or www.jpccarrondo.ifp3.com

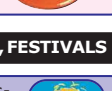


Until December 17 - Painting Exhibition by Nuno Santiago - Vale do Lobo Art Gallery at Vale do Lobo Shopping - 289 353 327 - Painting shown right is Acrylic on Chinese paper on canvas 134 x 130 - 2008.



GASTRONOMY

October 24 & 25 - Gastronomic Meetings from Alto Minho region - 24th: Casino Vilamoura; 25th: Casino Monte Gordo - Information & Reservations: 289 310 000 - www.solveverde.pt



Sesame Street Live - November 7-9 in Lisbon; **November 14-16** Stª Maria da Feira; November 21-23 in Figueira da Foz - Tls. 213246380 / 934623062; Fax: 213421052; E-mail: ruasesamoaovivo@mandrake.pt Tickets: Info on bottom of page.



November 13 to 22 - 17th Guimarães Jazz - Kurt Elling Quartet, Steve Coleman & 5 Elements, Django Bates & StorMChaser, Marcus Strickland Quintet, The Cookers, Kenny Barron Trio & Metropole Orchestra - conducted by Vince Mendoza & invited soloist Peter Erskine - Centro Cultural Vila Flor in Guimarães - 253 424 700 - www.ccvf.pt

November 30 - St. Andrew's Society (East Algarve) invites you to join them for their annual Dinner/Dance at Cantinho do Carlos, Brancanes 19h30. Tickets: €30. T. 915547621 or 914070389.

October 31 - Join a creepy walk in the foothills of Silves, but be careful, who knows what you might see! After, relax around a camp fire where you can eat, drink and be scary! Fancy dress competition with prizes for the best adult and children costumes. Location: Country Riding Center in Silves starting at 18h00. Tickets: € 7.50/person (includes a plate of food & a drink). Call Martina on 917 976 992 or Sarah on 914 562 767. Boo-ware: You'll have a frighteningly good time!

HALLOWEEN PARTY



DEATH RACE

Death Race is an action film written and directed by Paul W. S. Anderson. The film is a remake of the 1975 film *Death Race 2000*, based on Ib Melchior's short story *The Racer*.

Jason Statham and Tyrese Gibson lead the cast of an action-thriller set in the post-industrial wasteland of tomorrow, with the world's most brutal sporting event as its backdrop. A penitentiary full of felons has inspired the jailers to create a grisly pastime ripe for lucrative kickbacks. Now, adrenalized inmates, a global audience hungry for televised violence and a spectacular arena come together to form the Death Race.



His face hidden by a metallic mask, one convict will be put through an insane three-day challenge. Ames must survive a gauntlet of the most vicious criminals in the country's toughest prison to claim the prize of freedom. Driving a monster car outfitted with machine guns, flamethrowers and grenade launchers, one desperate man will destroy anything in his path to win the most twisted spectator sport on Earth.

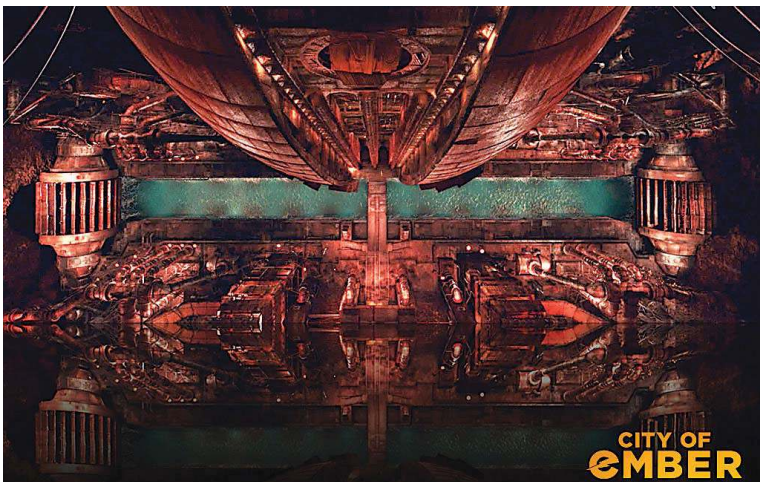
Three-time speedway champion Jensen Ames (Jason Statham) is an expert at survival in the harsh landscape that has become our society. Just as he thinks he has turned his life around, the ex-con is framed for a gruesome murder he didn't commit. Forced to don the mask of the mythical driver Frankenstein - a crowd favourite who seems impossible to kill - Ames is given an easy choice by Terminal Island's warden (Joan Allen): suit up or rot away in a cell.



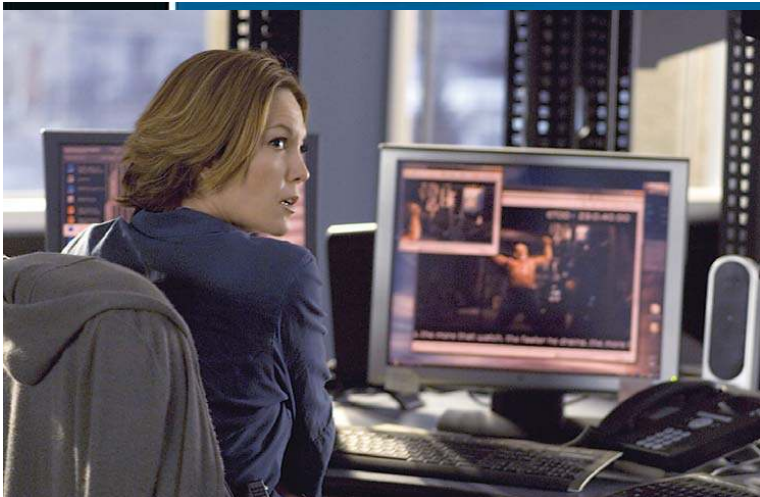
City of Ember is a science fiction film directed by Gil Kenan, produced by Tom Hanks and based on the 2003 novel, *The City of Ember* by Jeanne Duprau.

For generations, the people of the City of Ember have flourished in an amazing world of glittering lights.

But Ember's once powerful generator is failing... and the great lamps that illuminate the city are starting to flicker. Now, two teenagers in a race against time, must search Ember for clues that will unlock the ancient mystery of the city's existence, and help the citizens escape before the lights go out forever. The film stars Bill Murray, Tim Robbins, Saoirse Ronan and Martin Landau.



UNTRACEABLE



Within the FBI, there exists a division dedicated to investigating and prosecuting criminals on the internet. Welcome to the front lines of the war on cybercrime, where Special Agent Jennifer Marsh (Diane Lane) has seen it all.....until now.

A tech-savvy internet predator is displaying his graphic murders on his own website - and the fate of each of his tormented captives is left in the hands of the public: the more hits his site gets, the faster his victims die.

When this game of cat and mouse becomes personal, Marsh and her team must race against the clock to track down this technical mastermind who is virtually untraceable.



CELEB NEWS

24 star **Dennis Haysbert** has been voted Favourite On-Screen President for his portrayal of President David Palmer in the hit action series. The TV star beat off stiff competition from **Geena Davis** as President Mackenzie Allen in *Commander in Chief* and **Martin Sheen**'s West Wing character, President Josiah Bartlet, to take the title with 17 per cent - just one per cent more than Davis and Sheen, who came joint second in the Blackbuster poll. **Harrison Ford** took 12 per cent for his role as President James Marshall in 1997's *Air Force One*, landing him in joint fourth place with **Bill Pullman**'s President Thomas J. Whitmore from 1996's *Independence Day*. **Charlie Sheen** is "delighted" with the news his wife Brooke is expecting twin boys. Sheen's mother-in-law Moira Fiore confirmed rumours the couple is expecting twins. And Sheen followed her announcement, with the news the unborn babies are boys. The actor - who has three daughters from previous relationships - tells *Okmagazine.com*, "I'm truly blessed. I'm already the proud father of three beautiful daughters, and I'm delighted that they'll now have two little brothers. Life doesn't get any better than this," the *Two and a Half Men* star adds. The babies are due in April 2009. **Actress Sophie Okonedo** suffered terrible on-set nerves when she realised she'd have to sing for **Queen Latifah**, **Alicia Keys** and **Jennifer Hudson**. The *Hotel Rwanda* star teamed up with the singers in new film *The Secret Life of Bees* and just assumed she'd have to mime her way through her singing scene in the movie. But when director **Gina Prince-Bythwood** insisted she'd be singing live, the actress froze. She recalls, "That was the thing I was most nervous about. When I read the script, I thought, 'She's not really going to make me sing. I'll be miming along to someone else that can sing. And, about a week before, I said, 'This song... who's singing it?' 'You're singing it.' 'Oh, right'. There's three of the greatest singers in America and there's me just trying to croak along, unaccompanied, while making pancakes. I'd rather they film me running around naked with my knickers on my head". But Okonedo now admits she's glad she got the chance to sing in the film. She tells the *Los Angeles Times* newspaper, "It made such a story when I got home to England; I tell it all the time: 'Yeah, my record's coming out. Watch this space!'" **The third season of U.S. TV drama Dexter** has proved such a hit that network bosses have commissioned another two series just a month after it returned to the air. The 28 September season three premiere attracted 1.2 million viewers to the Showtime cable channel - a 20 per cent improvement on the first episode of the second season. **Dexter** stars **Michael C. Hall** as a crime scene investigator who secretly murders serial killers. **Fantasy Island** actor **Herve Villechaize**'s life story is to feature in a new biopic. The pint-sized star, who played Tattoo in the beloved TV series, lived a tragic, often violent life and committed suicide in 1993. The screenplay for the new film, *My Dinner With Herve*, has been written by journalist **Sacha Gervasi**, who conducted the last interview with Villechaize days before his death. Gervasi also plans to direct the movie. He tells *Variety*, "Herve wasn't just a pop culture icon; he was one of the most charming and cultured people I've ever met. His is the story of a unique individual trying to find his place in the world". **A stage version of Patrick Swayze's** hit movie *Dirty Dancing* is heading to Broadway, according to New York theatre gossips. After wowing audiences in Australia, England and Canada, stage bosses are planning to try out productions in Chicago, Boston and Los Angeles, before taking the show to Broadway next autumn. According to *Daily Variety* it is expected to fill the gap left at New York's Neil Simon Theater by *Hairspray*, which ends its run next year. The 1987 movie - on which the musical is based - starred Swayze as a summer camp dance instructor and **Jennifer Grey** as the protégé who falls for him. **Hit movie Once** is set for a revamp - as a stage musical. The film, which earned stars **Glen Hansard** and **Marketa Irglova** a Best Song Oscar for *Falling Slowly*, is to be adapted for Broadway by award-winning producers **John N. Hart, Jr.**, **Jeff Sine** and **Fred Zoll**. The new production will open in New York during the 2010/2011 season.

NORTH

UCINEMAS
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23 OCT-29 OCT



Death Race
Jason Statham, Tyrese Gibson
Untraceable
Diane Lane, Billy Burke
W.
Josh Brolin, Elizabeth Banks
Entre os Dedos
Filipe Duarte, Luis Filipe Rocha
Mamma Mia!
Meryl Streep, Colin Firth
Tropic Thunder
Ben Stiller, Robert Downey Jr
You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
Gomorra
Toni Servillo, Gianfelice Imparato
The House Bunny
Anna Faris, Colin Hanks
Kung Fu Panda
Animation PV
The Air I Breathe
Forest Whitaker, Sarah Michelle Gellar
Paris
Juliette Binoche, Romain Duris
Bienvenue Chez Les Ch'tis
Kad Merad, Dany Boon
Mr. Woodcock
Seann William Scott, Susan Sarandon
Mamma Mia! Karaoke
Meryl Streep, Colin Firth
Mirrors
Kiefer Sutherland, Paula Patton
Savage Grace
Julianne Moore, Stephen Dillane
Max Payne
Mark Wahlberg, Mila Kunis
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Step Brothers
Will Ferrell, John C. Reilly
WALL-E
Animation PV
Burn After Reading
George Clooney, Brad Pitt

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23 OCT-29 OCT

Untraceable
Diane Lane, Billy Burke
W.
Josh Brolin, Elizabeth Banks
Mr. Woodcock
Seann William Scott, Susan Sarandon
Les Femmes de l'Ombre
Sophie Marceau, Julie Depardieu
Tropic Thunder
Ben Stiller, Robert Downey Jr
Babylon A.D.
Vin Diesel, Michele Yeoh
Mamma Mia!
Meryl Streep, Colin Firth
Donkey Kote
Animation PV

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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
Mamma Mia!
Meryl Streep, Colin Firth
Mirrors
Kiefer Sutherland, Paula Patton
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
Max Payne
Mark Wahlberg, Mila Kunis
Eagle Eye
Shia LaBeouf, Michelle Monaghan

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23 OCT-29 OCT

Untraceable
Diane Lane, Billy Burke
Entre os Dedos
Filipe Duarte, Luis Filipe Rocha

W.
Josh Brolin, Elizabeth Banks
Burn After Reading
George Clooney, Brad Pitt
Paris
Juliette Binoche, Romain Duris
Bee Movie
Animation PV
Step Brothers
Will Ferrell, John C. Reilly
Tropic Thunder
Ben Stiller, Robert Downey Jr
Mamma Mia!
Meryl Streep, Colin Firth
Les Femmes de l'Ombre
Sophie Marceau, Julie Depardieu
Nim's Island
Abigail Breslin, Jodie Foster
Mamma Mia! Karaoke
Meryl Streep, Colin Firth

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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
Mr. Woodcock
Seann William Scott, Susan Sarandon
Mamma Mia!
Meryl Streep, Colin Firth
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Max Payne
Mark Wahlberg, Mila Kunis
Eagle Eye
Shia LaBeouf, Michelle Monaghan

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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
Tropic Thunder
Ben Stiller, Robert Downey Jr
Mamma Mia!
Meryl Streep, Colin Firth
WALL-E
Animation PV
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Eagle Eye
Shia LaBeouf, Michelle Monaghan

LUSOMUNDO
FERRARA PLAZA
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23 OCT-29 OCT

Kung Fu Panda
Animation PV
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Death Race
Jason Statham, Tyrese Gibson

LUSOMUNDO
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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Meet Dave
Eddie Murphy, Gabrielle Union
Mamma Mia!
Meryl Streep, Colin Firth
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Max Payne
Mark Wahlberg, Mila Kunis
Mr. Woodcock
Seann William Scott, Susan Sarandon

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FORUM VISEU
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23 OCT-29 OCT

Untraceable
Diane Lane, Billy Burke
Winx Club: The Secret of the Lost Kingdom
Animation

Death of a President
Hend Ayoub, Brian Boland
Mirrors
Kiefer Sutherland, Paula Patton
Tropic Thunder
Ben Stiller, Robert Downey Jr
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Mamma Mia!
Meryl Streep, Colin Firth

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PALÁCIO DO GELO
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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
The House Bunny
Anna Faris, Colin Hanks
Max Payne
Mark Wahlberg, Mila Kunis
Burn After Reading
George Clooney, Brad Pitt
Mr. Woodcock
Seann William Scott, Susan Sarandon
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth

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23 OCT-29 OCT

Eagle Eye
Shia LaBeouf, Michelle Monaghan
Mirrors
Kiefer Sutherland, Paula Patton
Tropic Thunder
Ben Stiller, Robert Downey Jr

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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
W.
Josh Brolin, Elizabeth Banks
Mamma Mia!
Meryl Streep, Colin Firth
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Burn After Reading
George Clooney, Brad Pitt
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Max Payne
Mark Wahlberg, Mila Kunis
Tropic Thunder
Ben Stiller, Robert Downey Jr
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira

LUSOMUNDO
DOLCEVITA PORTO
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23 OCT-29 OCT

Mamma Mia!
Meryl Streep, Colin Firth
Tropic Thunder
Ben Stiller, Robert Downey Jr
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Max Payne
Mark Wahlberg, Mila Kunis
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Mirrors
Kiefer Sutherland, Paula Patton
Death Race
Jason Statham, Tyrese Gibson

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23 OCT-29 OCT

Max Payne
Mark Wahlberg, Mila Kunis
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Death Race
Jason Statham, Tyrese Gibson

■ OV = Original Version
■ PV = Portuguese Version



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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
Untraceable
Diane Lane, Billy Burke
W.
Josh Brolin, Elizabeth Banks
Mamma Mia!
Meryl Streep, Colin Firth
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Burn After Reading
George Clooney, Brad Pitt
Max Payne
Mark Wahlberg, Mila Kunis
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson

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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
Untraceable
Diane Lane, Billy Burke
WALL-E
Animation PV
You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Mr. Woodcock
Seann William Scott, Susan Sarandon
Tropic Thunder
Ben Stiller, Robert Downey Jr
Max Payne
Mark Wahlberg, Mila Kunis
Bee Movie
Animation PV

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Death Race
Jason Statham, Tyrese Gibson
Untraceable
Diane Lane, Billy Burke
W.
Josh Brolin, Elizabeth Banks
Burn After Reading
George Clooney, Brad Pitt
Mamma Mia!
Meryl Streep, Colin Firth
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Max Payne
Mark Wahlberg, Mila Kunis
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
The House Bunny
Anna Faris, Colin Hanks
You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
Babylon A.D.
Vin Diesel, Michele Yeoh
WALL-E
Animation PV
Mamma Mia! Karaoke
Meryl Streep, Colin Firth

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23 OCT-29 OCT

Death Race
Jason Statham, Tyrese Gibson
Max Payne
Mark Wahlberg, Mila Kunis
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Mamma Mia!
Meryl Streep, Colin Firth
WALL-E
Animation PV
Entre os Dedos
Filipe Duarte, Luis Filipe Rocha



A person who never made a mistake never tried anything new.

Albert Einstein

SAT

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 What to Eat Now. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Racing from Aintree and Chepstow. Including the 2.05 Intercurso.co.uk Veterans' Chase at Aintree. (T) 2.20 Live Rugby Union. Cardiff Blues v Leicester Tigers (Kick-off 2.35pm). (T) 4.30 Final Score. (T)

5.05 BBC News: Regional News; Weather. (T) 5.20 Hole in the Wall. With Vanessa Feltz. Angellica Bell, Joe Swash and Alex Witherspoon. (T) 5.50 Merlin. Gaius becomes suspicious of a physician who arrives in Camelot just in time to cure Morgana of a serious illness. Guest starring Julian Rhind-Tutt and Michael Cronin. (T)

6.35 Strictly Come Dancing. The couples perform either a Viennese waltz or a paso doble. The results show is tomorrow at 7.15pm. (T)

8.05 The National Lottery: Who Dares Wins. Game show in which two pairs of complete strangers team up, each battling to outdo the other by listing as much as they know about a given subject. The first couple to win two rounds gets to play for #50,000 and each time the champions defeat a new set of opponents they get to play for more money. Kick! Knowles presents. Includes the Lotto, Dream Number and Thunderball draws. (T)

8.55 **Casualty**. Dixie has a brick thrown through her window - and worse is to follow. After the patient overdose last week, Jordan launches an investigation, but it only reveals how highly the team thinks of Adam. Charlie surprises Tess with his preferred choice to replace Abs. (T)

9.45 BBC News; Weather; (T) National Lottery Update. (T)

10.00 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including Everton against Manchester United at Goodison Park and the Wear-Tyne derby between Sunderland and Newcastle United at the Stadium of Light. The Red Devils had won their last four matches against the Toffees, including a 1-0 win here last term thanks to a Nemanja Vidic goal. The Black Cats had not beaten their north-east rivals on home soil since 1980, but took a point in the 1-1 draw last season. Plus, action from Blackburn Rovers v Middlesbrough and West Bromwich Albion v Hull City. (T)

11.00 FILM: The Dark (2005). Premiere. Horror, starring Maria Bello. (T)

12.30 FILM: Halloween (1978). Horror, starring Jamie Lee Curtis. (T) 1.00 (GMT) Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.05 BBC News. (T)

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BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Roar. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 Sportsround; (T) The Owl. (R) (T) 8.30 Gimme a Break; (T) The Owl. (R) (T) 9.00 TMI. (T) 10.30 Hot Rods; (T) Prank Patrol Pocketsize. (R) (T) 11.00 The Secret Show. (R) (T) 11.15 The Story of Tracy Beaker. (R) (T) 11.45 Eliot Kid. (R) (T) 12.00 BBC Switch: Greek. (T) 1.45 BBC Switch: Revealed. (T) 2.00 Animal Park. (T) 2.45 20,000 Leagues Under the Sea. (R) (T) 4.10 20,000 Leagues Under the Sea. (R) (T) 5.40 Coast. (R) (T) 6.40 Dad's Army. (R) (T) 7.10 Stephen Fry in America. The actor travels from West Virginia to Alabama. (R) (T) 8.10 Timewatch: Ten Pound Poms. Britons who migrated to Australia during the post-war years. (R) (T) 9.00 Have I Got a Bit More News for You. With guest host Alexander Armstrong. (R) (T) 9.40 Arena: The Agony and Ecstasy of Phil Spector. Rare interview in which the celebrated producer discusses his approach to the recording process and explains how he created the "wall of sound" technique on which his fame primarily rests. (T) 11.20 Electric Proms 2008: Saturday Night Fever and Razorlight. (T) 12.25 Never Mind the Buzzcocks. (R) (T) 12.55 FILM: Ordinary Decent Criminal (2000). Gangster drama, starring Kevin Spacey. 1.25 FILM: (GMT) The Son's Room (2001). Award-winning drama, starring Nanni Moretti. 3.00 Close.

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Pick of the Day

Casualty (BBC1, 8.55pm)

Tess is back at work and she joins forces with Charlie to interview candidates for Abs's job. The first, a nervous woman called April, ends up running out of the room, before being found in the resus area after having given herself an electric shock with the defibrillator. Next up is Jay, whose laid-back attitude has Tess bristling, but Charlie takes a shine to him. Unfortunately, when they do offer him the job, he's not exactly desperate to say yes. Meanwhile, Jordan tells Adam he's off the hook after last week's blunder, but the price he has to pay is counselling sessions. Will they force the medic to confront his demons? Elsewhere, Jeff gets Dixie a puppy and calls him 'Little Abs', and invites his colleague out to a cage fight (way to show a girl a good time, Jeff). However, the brawl takes a turn for the worse when the fighters turn out to be a father and son with a grudge - and one of them is already dangerously ill. As the paramedics leap into action, back at home Little Abs is also in peril, as someone who has been watching Dixie's comings and goings throws a petrol bomb through her window. When she gets back, her home is a smoking ruin and there's no sign of the puppy.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: The Hills. (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Ghost Town: T4 Movie Special. (T) 10.55 T4: Everybody Loves Lil' Chris. (T) 11.25 T4: Reaper. (R) (T) 12.25 T4: 4Music Presents: Kaiser Chiefs. (R) (T) 12.55 T4: Red Bull Air Race 2008. (T) 2.00 Channel 4 Racing from Doncaster and Newbury. Including the 3.35 Racing Post Trophy (1m). (T) 4.10 How Clean Is Your House? (R) (T) 4.40 FILM: The Addams Family (1991). Black comedy, starring Anjelica Huston. (T) 6.30 Channel 4 News. (T) 7.00 River Cottage Autumn. Hugh Fearnley-Whittingstall prepares a six-course banquet. (R) (T) 8.00 Gordon Ramsay: Cookalong. Gordon Ramsay invites viewers to prepare dishes along with him, beginning with a three-course meal of warm goat's cheese salad, salmon en croûte with herbed new potatoes and garlic sautéed broccoli, and caramelised rhubarb and ginger crumble. (R) (T) 9.00 The Secret Millionaire. Gill Fielding visits London's East End. (R) (T) 10.00 FILM: Saw (2004). Premiere. Two strangers wake to find themselves at the mercy of a madman, who sets them a twisted challenge. Taut horror, starring Cary Elwes. (T) 12.00 FILM: Cop Land (1997). Thriller, starring Sylvester Stallone. (T) 1.55 FILM: She's the One (1996). Romantic comedy, starring Edward Burns. (T) 2.40 FILM: (GMT) A Midsummer Night's Dream (1999). Shakespearean comedy, starring Christian Bale. 4.40 Loves Me, Loves Me Not. (R) (T) 4.50 Countdown. With Brian Capron in Dictionary Corner. (R) (T) 5.35 The Hoobs. Iver finds out what elbows are for. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (T) 7.15 Mist: Sheepdog Tales. (R) (T) 7.35 Hana's Helpline. (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.05 Little Princess. (R) (T) 8.20 The Funky Valley Show. (R) (T) 8.35 The Beeps. (T) 8.50 The Mr Men Show. (R) (T) 9.05 Rupert Bear. (R) (T) 9.20 The Milkshake! Show. (R) (T) 9.50 Ebb and Flo. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Axe Men. (R) (T) 12.00 Mean Machines of War. (R) (T) 12.50 Animal Rescue Squad. (R) (T) 1.05 Zoo Days. (R) (T) 1.35 FILM: Columbo: Murder, Smoke and Shadows (1989). Crime drama, starring Peter Falk. (T) 3.35 FILM: The NeverEnding Story II: The Next Chapter (1991). Children's fantasy adventure, with Jonathan Brandis. (T) 5.15 FILM: Ike: Countdown to D-Day (2004). Premiere. World War Two drama, starring Tom Selleck. (T) 6.50 Five News and Sport. (T) 7.05 NCIS. A blind man unwittingly photographs evidence of a murder. (R) (T) 7.50 NCIS. Gibbs is made acting director when Jenny has to attend an overseas conference, but he decides to ignore his duties and investigate the murder of a man found dead in a taxi. (R) (T) 8.45 NCIS. Gibbs attempts to find out why the agents are being forced to take polygraph tests, while Tony and Jeanne are held hostage by a drug dealer. (R) (T) 9.45 CSI: Scene Scene Investigation. The death of a three-year-old girl deeply affects Catherine. (R) (T) 10.45 Law & Order: Criminal Intent. (R) (T) 11.45 Quiz Call. 1.00 Major League Baseball. Game three of the World Series. 3.20 (GMT) A1 Grand Prix. 4.10 NHRA Drag Racing. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 10.45 CITY: Drake & Josh. (R) (T) 11.15 Planet Sketch. (R) (T) 11.25 Coronation Street. (T) 1.35 ITV News and Weather. (T) 1.40 London Today. (T) 1.45 FILM: Babe: Pig in the City (1998). Family comedy sequel, with Magda Szubanski. (T) 3.25 FILM: Live and Let Die (1973). James Bond adventure, starring Roger Moore. Continues after ITV news and local weather. (T) 4.30 London Tonight; Weather. (T) 4.45 ITV News and Weather. (T)

5.00 FILM: Live and Let Die (1973). Concluded. (T) 6.15 Totally You've Been Framed! Harry Hill narrates another selection of clips, featuring comical kids and hilarious animals, including the worst Jedi in the world, a dog that makes a splash in a hot tub and a woman who finds herself getting goosed by a goose. Last in the series. (T)

7.15 Harry Hill's TV Burp. Review of the week's small-screen highlights. (T)

7.45 The X Factor. Dermot O'Leary presents big band night, traditionally a real test for the hopefuls as they sing a swing classic accompanied by a full live orchestra. The remaining 10 acts will have to raise their game as they perform for those all-important viewers' votes while also impressing judges Cheryl Cole, Simon Cowell, Dannii Minogue and Louis Walsh, who as ever will decide the fate of the two acts with the fewest votes. The results can be seen at 10.10pm. (T)

9.25 All Star Family Fortunes. Vernon Kay hosts the celebrity game show, as West End actress and singer Suzanne Shaw takes on William Roache (better known as Corrie's Ken Barlow). The stars team up with their relatives and guess the answers to surveys of 100 people, hoping to make it through to the final round in which they can win up to #30,000 for a charity of their choice. (T)

10.10 The X Factor - The Result. The hopefuls sing their charity single in aid of Help for Heroes and the Royal British Legion Poppy Appeal. Then Dermot O'Leary reveals the two with the least public support, who perform a song of their own choice in the final showdown, before the judges vote one of them off. (T)

10.55 ITV News and Weather; Weather. (T) 11.10 FILM: Red Dragon (2002). Thriller, starring Anthony Hopkins. (T)

1.35 Bingo Night Live. 1.45 (GMT) Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.40 FILM: The Wickier Man (1973). Mystery, starring Edward Woodward. (T) 4.10 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

Best of the Rest

RTP1
0630 Espaço Infantil 0645 Brinca
Comigo 0800 Bom Dia 1155
Mudar de Vida 1150 Cosmic
Voyage 1235 Contra 1300 News
1415 Top + 1545 Smallville, series
1715 A Minha Geração 1915 Vila
Faia 2000 News 2100 A Voz do
Cidadão 2115 Liberdade 2215 TBA
2330 Football: Liga Sagres 0000
Cold Case, series 0130 The Sphere.
film 0200 Winter Hour Change 0230
Jane Doe 3: The Wrong Face, film
0415 Top + 0530 Discovery Hour
0615 A Hora da Sorte

RTP2
0700 Euronews 0730 África 7 Dias
0800 News 0830 Km Zero 0900
Open University 0945 A Alma e a
Gente 1015 Biosfera 1100
Bastidores 1130 Recantos 1200
Histórias da Vida da Terra 1230
Percurso da Música Portuguesa
1300 Eco-Crimes 1400 Parlamento
1500 Sports 1900 Voluntário 1930
Km Zero 2000 Kaboom 2100 Dixie
Lá Excelência 2145 A Hora da Sorte
2200 News 2230 Lady Chatterley,
film 0100 Gialletta Degli Spiriti, film
0200 Winter Hour Change 0230
Sports 0630 Euronews

SIC
0600 Enias 0645 Sic Kids 0830 Disney
Kids 1000 Power Overdrive 1030
Programa da Lucy 1200 Our World:
Life of Mammals 1300 News 1400
Special Episode 1500 Futal: Sporting
vs Benfica 1715 Film TBA 2000 News
2130 TBA 2300 A Favorita 0015 CSI
New York, series 0115 Jericho,
series 0215 Todos em Linha 0400
Into the West, mini-series

TVI
0700 Children TV 0930 Smackdown -
Wrestling 1030 Detective
Maravilhas 1115 Delux 1215
Antevésio 1300 News 1400 Mr Bean,
film 1545 A Onda de Sonhos, film
1745 Terapia do Amor, film 2000
News 2130 Felício de Amor 2300 A
Outra Onda 0300 Cidade Louca, film 0300
Sempre a Somar 0400 Até que a
Noite nos Separe 0430 Trudeau,
The Myth, mini-series

BBC3
7.00 The World's Strictest Parents
8.00 The Real Hustle 8.30 Top
Gear 9.30 Film: Man on Fire 18
(2004) 11.45 Family Guy 12.05
Family Guy 12.25 Two Pints of
Lager and a Packet of Crisps 12.55
Two Pints of Lager and a Packet of
Crisps 1.25 Coming of Age 1.55
The Real Hustle 1.25 (GMT) The
World's Strictest Parents 2.25 Two
Pints of Lager and a Packet of
Crisps 2.55 Two Pints of Lager and
a Packet of Crisps 3.25 Coming of
Age 3.55 Close

BBC4
7.00 Lark Rise to Candleford 8.00
Lark Rise to Candleford 9.00
Reader, I Married Him 10.00
Damages 10.45 Damages 11.30
Mad Men 12.20 The Kids' Verdict
1.20 When the Strangers Met
Roland Rat 1.20 (GMT) Reader, I
Married Him 2.20 The Kids' Verdict
3.20 Close

ITV2
1.00 ITV at the Movies 1.30 The
Xtra Factor - The Result 2.15 All
Star Family Fortunes 3.00 Quantum
of Solace: Bond on Location 3.25
Nanny 911 4.15 The Planet's
Funniest Animals 4.45 Animals Do
the Funniest Things 5.45 Film:
Kindergarten Cop 15 (1990) 7.45
Superhuman: Super Strong 8.45
Planet's Funniest Animals 9.15
Robyn: The Hot Desk 9.25 The
Xtra Factor 10.10 Quantum of
Solace: Bond on Location 10.40
The Hoosiers: The Hot Desk 10.55
The Xtra Factor - The Result 11.40
Jack Osbourne: Celebrity
Adrenaline Junkie 12.40 The X
Factor 1.20 (GMT) The Xtra Factor
2.05 The X Factor - The Result 2.40
The Xtra Factor - The Result 3.20
With a Little Help from My Friends
4.10 Nanny 911 4.50 Smallville 5.35
ITV at the Movies

Sky1
1.00 Futurama 1.30 Futurama 2.00
Futurama 2.30 Futurama 3.00
Futurama 3.30 Futurama 4.00
Futurama 4.30 Futurama 5.00
Futurama 5.30 Futurama 6.00
Noel's Are You Smarter Than a 10
Year Old? 7.00 Futurama 7.30
Futurama 8.00 Futurama 8.30
Futurama 9.00 Road Wars 10.00
Night Cops 11.00 Street Wars 12.00
Street Wars 1.00 Toughest Pubs in
Britain 1.50 The Villa 1.40 (GMT)
Naked in Blackpool 2.30 Australia
Uncovered 3.20 Las Vegas 4.10
Guilty! 5.00 Guilty!

G.O.L.D
1.20 Only Fools and Horses 2.00
The Good Life 2.40 The Green
Green Grass 3.20 The Good Life
4.00 Keeping Up Appearances 4.40
Open All Hours 5.20 The Good Life
6.00 The Green Green Grass 6.40
Porridge 7.20 Only Fools and
Horses 8.00 Film: Mr Deeds 12
(2002) 10.00 Fawcett Towers 10.40
The Good Life 11.10 Blackadder
the Third 11.55 dinnerladies 12.35
dinnerladies 1.20 2point4 Children
1.00 (GMT) My Hero 1.30 2point4
Children 2.00 My Hero 2.30 My
Hero 4.00 Close

TCM
1.00 Brigadoon U (1954) 3.00 The
Barretts of Wimpole Street U (1957)
5.00 Operation Crossbow PG
(1965) 7.15 Tick Tick, Tick PG
(1970) 9.00 Lethal Weapon 2 18
(1989) 11.10 Clash of the Titans
PG (1981) 1.20 Action in the North
Atlantic PG (1943) 2.30 (GMT)
Signpost to Murder PG (1965) 3.55
Mark of the Vampire PG (1935)
5.00 The Conspirators U (1944)
The Disney Channel
Kids' programmes from 7am,
except: 4.00 Film: Twiches Too
PG (2007) Fantasy adventure,
starring Tia and Tamera Mowry.

MOVIES

Sky Movies Drama

6.40 Between Love and Honor PG
(1995) 8.15 Casino Royale 12
(2006) 10.45 Stomp the Yard 12
(2007) 12.45 Colombo: Agenda for
Murder PG (1990) With Peter Falk.
2.30 The Starter Wife 4.40 Goya's
Ghosts 15 (2006) With Javier
Bardem. 6.00 Catch and Release
12 (2007) With Jennifer Garner.
9.00 The Insider 15 (1999) With Al
Pacino. 10.45 The Departed 18
(2006) With Jack Nicholson. 1.30
Last Seduction 18 (1997) With
Sean Severance. 2.15 (GMT) Body
Count 18 (1998) 3.45 London Film
Festival Preview 4.15 Three Wishes
PG (1995)

Sky Movies Comedy

7.00 How to Lose Friends and
Alienate People Special 7.30 White
Men Can't Jump 15 (1992) 9.30
Hoodwinked U (2005) 11.00 10
Things I Hate About You 12 (1999)
With Heath Ledger. 12.45 Run, Fat
Boy, Run 12 (2007) With Simon
Pegg. 2.30 Rush Hour 3 12 (2007)
With Jackie Chan. 4.10 London Film
Festival Preview 4.40 Hoodwinked
U (2005) With Anne Hathaway. 6.15

10 Things I Hate About You 12
(1999) With Heath Ledger. 8.00
Run, Fat Boy, Run 12 (2007) With
Simon Pegg. 9.45 Rush Hour 3 12
(2007) With Jackie Chan. 11.30
White Men Can't Jump 15 (1992)
With Woody Harrelson. 1.30
Jackass Number Two 18 (2006)
With Johnny Knoxville. 2.10 (GMT)
Forces of Nature 12 (1999) 4.00
How to Lose Friends and Alienate
People Special 4.30 Don't Go
Breaking My Heart PG (1999)

Sky Movies Action/Thriller

6.25 Dukes of Hazzard: The
Beginning 15 (2007) 8.15 Ocean's
Thirteen PG (2007) 10.30 The
Postman 15 (1997) 1.40 Diplomatic
Siege 15 (1999) With Tom Berenger.
3.20 Final Approach 5.00 Beverly
Hills Cop III 15 (1994) With Eddie
Murphy. 7.00 Fracture 15 (2007)
With Anthony Hopkins. 9.00
Desperado 18 (1995) With Antonio
Banderas. 10.50 Universal Soldier:
The Return 18 (1999) With Jean-
Claude Van Damme. 12.15 Platoon
15 (1986) With Charlie Sheen. 1.20
(GMT) Final Approach 2.50 Beverly
Hills Cop III 15 (1994) 4.35 Ocean's
Thirteen PG (2007)

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SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Big
League Weekend 1 7.30 Off The
Bar 8.00 Champions League
Weekly 8.30 Premier League
Preview 9.00 Soccer AM 12.00
Soccer Saturday 12.30 Live Football
Special. Sunderland v Newcastle
United (Kick-off 12.45pm). 3.00
Soccer Saturday 5.15 Live Saturday
Night Football. Reading v Queens
Park Rangers. (Kick-off 5.20pm).
7.30 You're on Sky Sports! 9.25
Football First 10.15 Live Stanford
Twenty20 Cricket. Stanford
Supersstars v Trinidad and Tobago.
1.00 (GMT) Rugby League World
Cup 3.00 Spanish Football 4.30
Champions League Weekly 5.00
Sportnation

Sky Sports 2

6.00 Sailing 6.30 Rugby League
World Cup 7.00 Live Rugby Union.
The Air New Zealand Cup final. 9.30
Live Rugby League World Cup.
England v Papua New Guinea (Kick-
off 9.55am). 12.30 Live European
Tour Golf. The Castello Masters.
4.30 NFL: London Preview 5.00
Ocean Race 5.30 Rugby League
World Cup 7.30 Golf Night 10.00
Champions League Weekly 10.30
Football First 12.00 Football First
1.30 Spanish Football 2.00 (GMT)
Rugby Union 4.30 Campionato
Italiano Supersstars 5.00 Max Power

Sky Sports 3

6.00 Sports Unlimited 7.00 Friday
Fight Night 10.00 WWE:
Smackdown 12.00 Friday Fight
Night 3.00 Live Rugby Union. The
Currie Cup final (Kick-off 3.30pm).
5.30 WWE: Smackdown 7.30 WWE:
Bottom Line 8.30 Rugby Union 1.00
Extreme Championship Wrestling
12.00 WWE: Late Night -

Smackdown 1.00 (GMT) WWE:
Late Night - Bottom Line 2.00 Max
Power 3.00 Sports Unlimited 4.00
Ocean Race 4.30 X-Adventures
5.00 Sports Unlimited

British Eurosport

7.30 Eurogoals 8.00 World Touring
Car Championship 8.30 MotoGP
9.45 Live Rallying. The final day of
the Intercontinental Rally Challenge
from Valais. 10.30 UEFA Cup
Football 1.30 Eurogoals 12.00 Live
MotoGP. The Valencia Grand Prix
12.50 qualifying session. 12.45 Live
MotoGP. The Valencia Grand Prix
MotoGP qualifying session. 2.00
Live MotoGP. The Valencia Grand
Prix 250cc qualifying session. 3.00
Live WTA Tennis. The Generali
Ladies Linz semi-finals. 4.30 ATP
Tennis 5.30 MotoGP 7.00 Live
Snooker. The World Series event in
Warsaw. 10.00 MotoGP 12.00 Trial
Bikes 12.30 World Touring Car
Championship 1.00 Close 3.45
(GMT) World Touring Car
Championship

Sky Sports Xtra

6.00 Race World 7.00 Tight Lines
8.00 Sportnation 9.00 NFL:
America's Game 10.00 Max Power
11.00 NFL: London Preview 11.30 NFL:
Racing News 12.00 WWE: Bottom
Line 1.00 NFL: Total Access 2.00
Max Power 3.00 Campionato
Italiano Supersstars 3.30 World Sport
4.00 Sportnation 5.00 NFL: Total
Access 6.00 Max Power 7.00 Live
Spanish Football. Osasuna v Real
Betis (Kick-off 7.00pm). 9.00 Live
Spanish Football. Barcelona v
Almeria (Kick-off 9.00pm). 11.00
NFL: London Preview 11.30 NFL:
Total Access 12.30 NFL: America's
Game 1.30 Golf Night 3.00 (GMT)
NFL: Total Access 4.00 NFL:
America's Game 5.00 Race World

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SUN

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26 OCT

BBC1

6.00 (GMT) Breakfast. (T) 7.55 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 EastEnders. (T) 2.55 Murder, She Wrote. (R) (T) 3.40 Merlin. (R) (T) 4.25 Down the Line. (T) 4.55 Points of View. (T)

5.10 Songs of Praise. Aled Jones introduces the Big Sing from London's Royal Albert Hall, featuring guests Katherine Jenkins, Darius Danesh and classical vocal group Blake. (T)

5.50 BBC News; Regional News; Weather. (T)
6.15 Antiques Roadshow. Fiona Bruce and the team return to Southwell, Nottinghamshire. (T)

7.15 Strictly Come Dancing. Following last night's performances of the Viennese waltz and paso doble, the two couples who least impressed the voting public with their performances tackle their routines once again. Judges Len Goodman, Bruno Tonioli, Arlene Phillips and Craig Revel Horwood will then decide who to eliminate from the contest. (T)

8.00 Little Dorrit. New adaptation of Charles Dickens' novel. A wealthy man tries to discover if there is a link between his father's dying words and his mother's servant. Matthew Macfadyen stars. Continues on Thursday. (T)

9.00 Stephen Fry in America. The writer and actor spends Merry Gades in New Orleans, where a voodoo priestess tries to heal his recently broken arm and an Iraqi veteran gives a tour of the devastation caused in 2005 by Hurricane Katrina. He stops to chat with actor Morgan Freeman about the Delta Blues in Mississippi, before following the Mississippi through Iowa and Chicago, resting in Wisconsin to master the knack of milking sheep. (T)

10.00 BBC News; Weather. (T)
10.20 Little Britain USA. Guest star Sting gets more than he bargained for when he sings a duet with Emily Howard, while Lou and Andy continue their holiday with a visit to a Mississippi church. (T)

10.50 Celebrity Scissorhands. New series. The Apprentice contestant Lucinda Ledgerwood and former EastEnders actress Shana Swash are among the famous faces learning beauty skills under the tutelage of hairdresser Lee Stafford and his team of experts in aid of Children in Need. The trainees are taught in a purpose-built state-of-the-art studio before being let loose on the public. Presented by George Lamb. (T)
11.45 FILM: Rabbit-Proof Fence (2002). Emotional drama, starring Evelyn Sampi; (T) Weatherview. (T)

1.20 Sign Zone: Amazon with Bruce Parry. (R) (T) 2.20 Sign Zone: Silent Witness. (R) (T) 3.20 Sign Zone: Holby City. (R) (T) 4.20 BBC News. (T)



BBC2

6.00 (GMT) CBeebies: (GMT) Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Roar. (R) (T) 8.00 Mona the Vampire; (R) (T) Bernard. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Stupid. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Film 2008 with Jonathan Ross. (R) (T) 12.00 Animal Park. (T) 12.30 Live MotoGP. The Valencia Grand Prix. (T) 2.00 Racing from Aintree. Including the 3.15 Intercaiso Old Road Chase. (T) 3.30 Rugby League World Cup. (T) 4.30 Live American Football. New Orleans Saints v San Diego Chargers (Kick-off 5.00pm). Coverage continues on BBC3. (T) 7.00 The American Future: A History, by Simon Schama. The role faith and religion have played in American politics. (R) (T) 8.00 Dragons' Den: Outside The Den. New series. An insight into the lives of the shrewd investors from the popular series. (T) 9.00 The Conspiracy Files: 9/11 - The Truth Behind the Third Tower. The collapse of a tower separate from the World Trade Centre. (T) 10.00 Match of the Day 2. Adrian Chiles presents highlights of today's Premier League fixtures, which included Chelsea v Liverpool and West Ham United v Arsenal. (T) 11.10 Electric Proms 2008: Oasis. (T) 12.10 American Football. (T) 12.40 Graham Norton Uncut. (T) 1.25 Heroes. Peter must embrace a dangerous ability. (R) (T) 2.10 FILM: The Night Caller (1965). Sci-fi thriller, starring John Saxton. (T) (bw) 3.30 BBC News. (T) 4.20 Inside Sport. (R) (T) 4.50 Close.

Pick of the Day

Britannia High (ITV1 Granada, 6.15pm)

Viewers of a certain age will remember (mostly with fondness) Eighties American series Fame, which was based on the smash-hit film and did wonders for the leg-warmer industry. History repeated itself with the blockbusting movie High School Musical, and now ITV1 is jumping on the bandwagon with this new series. Featuring music by Take That's Gary Barlow and choreography by Strictly Come Dancing's Arlene Phillips, the drama follows the trials and tribulations of the staff and pupils at a performing arts school. In this opener, we meet newcomer Lauren, who feels out of her depth and wonders whether she's really cut out for the ruthless business of finding fame. The all-star adult cast includes Mark Benton as the school head, Adam Garcia as passionate dance mentor Stefan, and Lorraine Pilkington as music theory teacher Anna. Pilkington admits she was desperate to belt out a tune or two, saying: "They did ask me to sing at the audition and I was absolutely delighted. When I got the part I thought 'marvellous, maybe I am a good singer'. Then of course they changed the character to a music theory teacher, so maybe I wasn't such a hot singer after all."

C4

6.00 (GMT) Planet Cook. (R) (T) 6.25 Transworld Sport. (T) 7.20 The British GT Championship. (T) 7.50 Freesports on 4. (T) 8.20 Freesports on 4. (T) 8.45 T4: Ghost Town: T4 Movie Special. (R) (T) 9.20 T4: Holyoaks. (T) 11.50 T4: Frock Me. (T) 12.40 T4: Friends. (R) (T) 1.15 T4: 4Music Presents: Pink. (R) (T) 1.45 T4: Friends. (R) (T) 2.20 T4: When Women Rule the World. (R) (T) 3.25 T4: 4Music Presents: Snow Patrol. (R) (T) 4.00 T4: The Simpsons. (R) (T) 4.30 T4: The Simpsons. (R) (T) 5.00 Deal or No Deal. (T) 5.45 Bear Grylls: Born Survivor. (T) 6.45 Channel 4 News. (T) 7.10 Dispatches: Jon Snow's American Journey. Jon Snow examines the key issues being debated by the US presidential candidates, and travels along the Pacific highway to meet the people who are shaping the country's future. (T) 8.05 FILM: Monster-in-Law (2005). A woman thinks she has landed on her feet when she meets the man of her dreams. But his mother proves to be a nightmare. Romantic comedy, starring Jennifer Lopez and Jane Fonda. (T) 10.00 FILM: Saw II (2005). Premiere. The sinister criminal jigsaw is preparing to mete out his deranged and sadistic form of justice on more hapless victims. Horror sequel, with Tobin Bell and Donnie Wahlberg. (T) 11.45 Brothers & Sisters. (T) 12.45 Brothers & Sisters. (T) 1.40 FILM: Abad Aranye (2003). Premiere. Drama, starring Samit Bhanja. 4.05 Dispatches: The Truth About Your Energy Bill. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 (GMT) Milkshake!: (GMT) Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Look! (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (T) 7.00 Oswald. (R) (T) 7.10 Mist: Sheepdog Tales. (R) (T) 7.25 Hana's Helpline. (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.00 Little Princess. (T) 8.25 The Beeps. (R) (T) 8.45 The Mr Men Show. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Milkshake! Show. (R) (T) 9.45 What Makes Me Happy. (R) (T) 10.00 Top Trumps: Rescue Rigs. (R) (T) 10.30 The Great South Run. The 10-mile event in Portsmouth. 12.00 Rhino Charge: Austin Stevens' Adventures. (R) (T) 1.00 FILM: Lost and Found (1979). Romantic comedy, starring Glenda Jackson. (T) 3.05 FILM: The Man Without a Face (1993). Drama, directed by and starring Mel Gibson. (T) 5.20 FILM: James and the Giant Peach (1996). Children's fantasy, with Joanna Lumley. (T) 6.45 five news and sport. (T) 7.00 FILM: Alive (1992). A plane carrying a college rugby team crashes in the Andes, forcing the survivors to resort to cannibalism in the bleak conditions. Harrowing fact-based drama, with Ethan Hawke. (T) 9.00 FILM: Layer Cake (2004). A London crook prepares to start a new life abroad, but his plans are threatened when he is asked to find a mobster's drug-addicted daughter. Crime thriller, starring Daniel Craig. (T) 11.10 Danger Men. (R) (T) 12.10 Major League Baseball. Game four of the World Series. 3.30 Motorsport Mundial. 3.55 NHRA Drag Racing. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 (GMT) ITV Morning News. (T) 6.00 GMTV. 9.25 The Championship. (T) 10.25 CITV: Finger Tips. (T) 10.45 Finger Tips. (T) 11.05 FILM: Home Alone 4 (2002). Comedy sequel, starring Mike Weinberg. (T) 12.50 ITV News and Weather. (T) 12.55 London Today; Weather. (T) 1.00 FA Cup Draw. (T) 1.30 The X Factor. (R) (T) 3.10 The X Factor - The Result. (R) (T) 3.55 Agatha Christie's Poirot. (R) (T)

5.00 Creature Comforts. Rats describe the sensuality surrounding eating a sandwich, a royal corgi falls in love with a stray, and some pigs discuss what makes them feel sexy. (R) (T)

5.15 London Tonight; Weather. (T)
5.30 ITV News and Weather. (T)
5.45 New You've Been Framed! New series. Harry Hill narrates comical camcorder clips. (T)

6.15 Britannia High. New series. Musical drama set in a performing arts school where a new intake of talented students arrives to chase dreams of fame and fortune. Mark Benton and Adam Garcia star. (T)

7.15 Heartbeat. Carol tries to help struggling single mum Barbara while dealing with the shock that a woman claiming to be her own mother has arrived in Aidsfield. The nurse is then taken back when Janet has the idea of reuniting them. Meanwhile, Mason's fears for Barbara are proved right after a shocking turn of events, and Wetherby and Younger enlist Peggy to search for the chief constable's missing dog. (T)

8.15 A Touch of Frost. The naked bodies of three men are found placed in the shape of a triangle, leading Jack to suspect the work of a satanic cult. Meanwhile, press baron James Callum's plans to make his mark on the local area are hindered by an investigation into his lover's death in a houseboat fire - and the suspicious demise of his former girlfriend may be key in finding the killer. Starring David Jason and Adrian Lukis. Star in the series. (T)

10.15 ITV News and Weather; Weather. (T)
10.35 The South Bank Show. Melvyn Bragg presents a profile of Cildo Meireles. Now aged 60, the Brazilian artist's politically inspired works are manifested as all-enveloping installations made from everyday domestic objects such as balls, fences, gates, glass and furniture. Cameras observe Meireles in his Rio studio and around his home nation. The artist's current retrospective at London's Tate Modern is also reviewed. (T)

11.35 It's My Life. Culture Minister Andy Burnham discusses British TV. (T)

12.35 Faith in the Frame. (T) 1.00 60 Minute Makeover. (R) (T) ITV News Headlines. 1.55 Antiques Auction. (R) (T) 2.15 Antiques Auction. (R) (T) 2.40 Have I Been Here Before? (R) (T) 3.05 Have I Been Here Before? (R) (T) 3.30 ITV Nightseries.

LOCAL

RTP1
0630 Children TV 0705 Brinca Comigo
0800 Bom Dia Portugal 1000 Mass
1100 Portugal Sem Fronteiras 1200
Sentido do Gosto 1230 Mr. Bean
1300 News 1415 50 Vistal 1530 Oha
Quem Dança 1730 Mr. Bean 1800
Teleur 1900 Football 2100 News
2200 A Minha Geracao 2300 Domingo
Desportivo 01.00 On Long Dimanche
De Fiançailles. film 0345 Real 0445
Só Vistal 0530 Euronews 0605 N0s

RTP2
0700 Euronews 0730 Africa@Global
0800 Músicas de África 0900
Caminhos 0930 70x7 1000 N0s 1100
Da Terra ao Mar 1130 Conso 1200
Vida por Vida 1230 Gente da Cidade
1300 Bombar 1330 Histórias da
Vida na Terra 1400 Hora Discovery
1445 A Voz do Cidadão 1500 Sports
1900 Couto & Coutadas 1930 Alma
e a Gente 2000 Bombar 2030 The
Simpsons 2100 Eco-Crimes 2200
News 2230 Câmara Clara 2350
Britcom 0050 Onda Curta 0145 A
Alma e a Gente 0215 Km Zero 0315
Sports 0530 Euronews

SIC
0645 Sic Kids 0830 Disney Kids 1000
Power Overdrive 1030 Programa da
Lucy 1200 BBC Wild Life: Big Cat
Diary Special Tami's Story 1300
News 1400 Fama Show 1445 Film
TBA. 1630 Film TBA. 1615 Film TBA.
2000 News 2115 Grande
Reportagem SIC 2200. Gato
Fedorento 2300 A Favorita 0015
Desperate Housewives, series 0115
CSI New York 0215 Todos em Linha
0400 Old School, film

TVI
0700 Children's TV 0930 O Bando
dos 4, series 1030 Hanna Montana,
series 1115 Mass 1230 Oitavo Dia
1300 News 1400 Os Ténis Mágicos,
film 1600 Finding Neverland, film 1800
Águas Mortíferas, film 2000 News
2130 A Outra 2245 Casos da Vida
0030 Jarhead, film 0452 Sempre a
Somar 0400 Trudeau, The Myth,
mini-series 0500 Teleales

Best of the Rest

BBC3

7.00 (GMT) Live American Football
8.00 Don't Tell the Bride 9.00
Celebrity Scissorhands 10.00
Family Guy 10.20 Family Guy 10.40
Touch Me, I'm Karen Taylor 11.10
Two Pints of Lager and a Packet of
Crisps 11.40 Two Pints of Lager
and a Packet of Crisps 12.10
Coming of Age 12.40 Celebrity
Scissorhands 1.40 Don't Tell the
Bride 2.40 Touch Me, I'm Karen
Taylor 3.10 Celebrity Scissorhands
Uncut 5.10 Close

BBC4

7.00 (GMT) The Story of Maths
8.00 Wilderness Explored 9.00 In
Love with Barbara 10.25 The Book
Programme: Barbara Cartland
11.00 Mark Lawson Talks to John
Le Carré 12.00 Goldfrapp at the
Electric Proms 12.30 Maddy Prior
at the Electric Proms 1.00 Jeff Beck
at Ronnie Scott's 2.00 In Love with
Barbara 3.25 The Story of Maths
4.25 Close

ITV2

2.10 Coronation Street 4.35 The X
Factor 6.15 The Fashion Show 7.15
The X Factor - The Result 8.00
Everybody Dance Now 9.00 Katie
& Peter. The Next Chapter 10.00
Secret Diary of a Call Girl 10.30 No
Heroes 11.00 Film: GoldenEye 2
(1995) 1.35 Celebrity Juice 2.05
Jack Osbourne: Celebrity
Adrenaline Junkie 2.55 Entourage
3.25 Teleshopping 5.55 ITV2
Nightscreen

Sky1

1.00 Malcolm in the Middle 1.30
Malcolm in the Middle 2.00 Cold
Case 3.00 Hairspray - The School

Musical 4.30 Futurama 5.00
Futurama 5.30 Futurama 6.00
Futurama 6.30 The Simpsons 7.00
The Simpsons 7.30 The Simpsons
8.00 The Simpsons 8.30 The
Simpsons 9.00 Fringe 10.10 Bones
11.10 Cold Case 12.10 Road Wars
1.10 Street Wars 2.00 The Villa 2.55
Naked in Blackpool 3.50 Australia
Uncovered 4.45 Road Wars 5.10
Guilty!

G.O.L.D

1.20 The Green Green Grass 2.00
The Good Life 2.40 Porridge 3.20
Only Fools and Horses 3.40 Open
All Hours 5.10 Keeping Up
Appearances 5.50 The Good Life
6.40 Blackadder the Third 7.15
Porridge 7.55 Only Fools and
Horses 9.00 Fawty Towers 9.40
When Were We Funniest? 10.40
One Foot in the Grave 11.20 When
Were We Funniest? 12.20 One Foot
in the Grave 1.00 As Time Goes By
1.40 The Dick Emery Show 2.00 As
Time Goes By 2.30 As Time Goes
By 3.00 Close

TCM

1.00 The Glass Bottom Boat V
(1966) 3.00 Volando and the Thief
U (1945) 5.00 International Velvet
PG (1978) 7.00 An American in
Paris U (1951) 9.00 Lethal Weapon
3 15 (1992) 11.10 The Split 15
(1968) 12.50 The Oklahoma Kid U
(1939) 2.25 The Green Years PG
(1946) 5.00 Manpower PG (1941)

The Disney Channel

Kids' programmes from 7am,
except: 4.00 Film: Return to
Halloweentown PG (2006)
Fantasy adventure, starring
Summer Bishill.

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MOVIES

Sky Movies Drama

6.15 (GMT) Saving Milly PG (2005)
7.45 Star Wars: The Clone Wars
Special 8.15 Victim of Love PG
(1993) 9.55 St Elmo's Fire 15 (1985)
11.45 Rest in Peace, Mrs Columbo
PG (1990) With Peter Falk. 1.30
Billy Bathgate 15 (1991) With Dustin
Hoffman. 3.30 Flyboys 12 (2006)
With James Franco. 6.00 Regarding
Henry 15 (1991) With Harrison
Ford. 8.00 Beloved 15 (1998) With
Oprah Winfrey. 11.00 Summer of
Sam 18 (1999) With Mira Sorvino.
1.25 Bringing Out the Dead 18
(1999) With Nicolas Cage. 3.30
Rumble Fish 18 (1983) 5.15 Miracle
on the 17th Green U (1999)

Sky Movies Comedy

6.20 (GMT) Detroit Rock City 15
(1999) 8.00 Farce of the Penguins
15 (2006) 9.25 Mr Bean's Holiday
PG (2007) 11.00 Bring It On: In It to
Win It 12 (2007) With Ashley
Benson. 12.35 Knocked Out 15
(2007) With Seth Rogen. 2.45
Talladega Nights: The Ballad of
Ricky Bobby 15 (2006) With Will
Ferrell. 4.50 Bring It On: In It to Win

It 12 (2007) With Ashley Benson.
6.25 Mr Bean's Holiday PG (2007)
With Rowan Atkinson. 8.00 Knocked
Out 15 (2007) With Seth Rogen.
10.15 Talladega Nights: The Ballad
of Ricky Bobby 15 (2006) With Will
Ferrell. 12.20 Bull Durham 18 (1988)
With Kevin Costner. 2.20 Detroit
Rock City 15 (1999) With Giuseppe
Andrews. 4.00 Farce of the
Penguins 15 (2006) 5.25 Project:
ALF PG (1996)

Sky Movies Action/Thriller

7.00 (GMT) The Mask of Zorro
PG (1998) 9.20 Snakes on a Plane
15 (2006) 11.10 Superman
Returns 12 (2006) With Brandon
Routh. 1.45 The Kingdom 15
(2007) With Jamie Foxx. 3.40
Final Approach 5.20 Snakes on a
Plane 15 (2006) With Samuel L.
Jackson. 7.20 The Avengers 12
(1998) With Ralph Fiennes. 9.00
The Kingdom 15 (2007) With
Jamie Foxx. 10.55 Ong-Bak 18
(2005) With Tony Jaa. 12.50 The
Delta Force 18 (1986) With Chuck
Norris. 3.10 Body of Evidence 18
(1992) 5.05 The Mask of Zorro
PG (1998)

Sky Sports 1

6.00 (GMT) Spanish Football 7.30
Stanford Twenty20 Cricket 9.30
The Sunday Supplement 11.00
Goals on Sunday 1.00 Live Super
Sunday. Chelsea v Liverpool (Kick-
off 1.30pm). 3.30 Live Super
Sunday. West Ham United v
Arsenal (Kick-off 4.00pm). 6.30
Super Sunday: The Last Word 7.00
Rugby League World Cup 9.00 Live
Stanford Twenty20 Cricket.
England v Middlesex. 1.00 Spanish
Football 2.30 Football First 4.00
Golf Night 5.30 Seamar Sailing

Sky Sports 2

6.00 (GMT) Live Rugby League
World Cup. Scotland v France (Kick-
off 6.25am). 8.30 Live Rugby
League World Cup. Australia v New
Zealand (Kick-off 8.55am). 11.30
Live European Tour Golf. The
Castello Masters. 3.30 NFL: Live
Wire 4.00 Live NFL: London Game.
New Orleans Saints v San Diego
Chargers (Kick-off 5.00pm). 6.00
Live NFL: Pittsburgh Steelers v
New York Giants (Kick-off 8.00pm).
11.30 NFL: Live Wire 12.00 Live
WWE Wrestling: Cyber Sunday.
From the US Airways Centre in
Phoenix, Arizona. 3.00 NFL: Top
10 4.00 World Sport 5.00 Close

Sky Sports 3

6.00 (GMT) Football First 7.30
Football First 9.00 WWE: Afterburn
10.00 WWE Vintage Collection
11.00 NFL: London Preview 11.30
Racing News 12.00 Watersports
World 1.00 Stanford Twenty20
Cricket 3.30 Rugby League World
Cup 5.00 Seamar Sailing 5.30
Wild Spirits 6.00 Live Spanish
Football. Villarreal v Atletico Madrid
(Kick-off 6.00pm). 8.00 Live
Spanish Football. Real Madrid v

SPORT

Athletic Bilbao (Kick-off 8.00pm).
10.00 Football First 11.30 Football
First 1.00 Rugby League World Cup
3.00 Seamar Sailing 3.30 Close

British Eurosport

5.15 (GMT) Live World Touring Car
Championship. Coverage of the
opening race from Okayama. 6.15
MotoGP 6.45 Live World Touring
Car Championship. The second
race from Okayama. 7.45 Snooker
8.45 Live MotoGP. The Valencia
Grand Prix warm-up session. 9.15
Live MotoGP. A look ahead to the
Valencia Grand Prix. 9.45 Live
MotoGP. The Valencia Grand Prix
125cc race. 11.00 Live MotoGP.
The Valencia Grand Prix 250cc
race. 12.15 Live MotoGP. The
Valencia Grand Prix MotoGP race.
2.00 World Touring Car
Championship 2.30 Live ATP
Tennis. The Davidoff Swiss Indoors
final. 4.30 WTA Tennis 6.00
Motorsports Weekend 6.30 Live
Snooker. The World Series event
from Warsaw. 10.00 MotoGP 11.00
WTA Tennis 12.00 Motorsports
Weekend 12.30 Close

Sky Sports Xtra

6.00 (GMT) Wild Spirits 6.30
Seamar Sailing 7.00 Rugby
Union 9.30 Sportation 10.30
Seamar Sailing 11.00 Rugby
Union 1.30 Wild Spirits 2.00 NFL:
Total Access 3.00 WWE:
Experience 4.00 Stanford Twenty-
20 Cricket 6.00 Live NASCAR. The
Pep Boys Auto 500. 10.00 Golf
Night 11.30
WWE: Late
Night
Afterburn
12.30 NFL:
Top 10 1.30
Golf Night
3.00 Close



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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (R) (T) 10.00 Put Your Money Where Your Mouth Is. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Get 100. (T) 4.35 The Sarah Jane Adventures. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 Watchdog. Nicky Campbell, Julia Bradbury and Paul Heiney present reports into the latest consumer issues, including an investigation into the saving potential of energy pre-payment meters; (T) BBC News; Regional News. (T)

8.00 EastEnders. Tanya looks set for the move to France, but Max is determined to thwart her plans and plots to have Jack arrested. Denise is unhappy to find Libby is having second thoughts about university and discovers her daughter walked out of her Oxford entry exam. Callum and Stacey spend the afternoon in the summerhouse at the allotment. (T)

8.30 Panorama. Simon Boazman tries to discover how much information about him is kept by the state and private companies, following his data trail and examining plans for a government database. (T)

9.00 Spooks. New series. A British soldier is kidnapped by al-Qaida, with the warning he will be killed unless Remembrance Day services are cancelled. Harry is reunited with his protege Lucas North, who has spent eight years in a Russian prison, while another agent who was sent to that country is uncovered and must make a dangerous journey home. Drama, starring Peter Firth and Richard Armitage. Continues tomorrow. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The Dark Side of Fame with Piers Morgan. The model who went from unknown to winner of Celebrity Big Brother. Chantelle Houghton discusses her brief fame and the effect on her life of media attention. Last in the series. (T)

11.20 Inside Sport. Presented by Gabby Logan. (T)

11.50 Diwali: A Sikh's Journey Home. Members of a London family, the Mankooks, plan to visit their Indian roots. They hope to show their daughters the poverty of their homeland - but fate intervenes. (T)

12.20 Celebrity Scissorhands. (T) 1.20 FILM: Tunnel Vision (1995). Thriller, starring Patsy Kensit; (T) Autumnwatch Weather. (T) 2.55 Sign Zone: Antiques Roadshow. (R) (T) 3.55 Sign Zone: Silent Witness. (R) (T) 4.55 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 Charlie and Lola. (R) (T) 7.10 Pinky Dinky Doo. (R) (T) 7.20 Harry and Toto. (R) (T) 7.30 CBeebies: LazyTown. (R) (T) 8.00 CBBC: Help! Teach Is Coming to Stay. (R) (T) 9.00 Gimme a Break; (R) (T) Bernard. (R) (T) 9.30 Prank Patrol. (R) (T) 10.00 Evacuation to the Manor House. (R) (T) 10.30 Serious Ocean. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Market Kitchen. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Dragons' Den: Outside The Den. An insight into the lives of the shrewd investors from the popular series. (R) (T) 8.00 Autumnwatch 2008. New series. Bill Oddie and Kate Humble examine wildlife on Brownsea Island. (T) 9.00 Prescott: The Class System and Me. Part one of two. The politician examines social structure. (T) 10.00 Have I Got News for You. Guest host Alexander Armstrong joins regular team captains Paul Merton and Ian Hislop, along with guest panellist Frank Skinner, for the current affairs quiz. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Beautiful People. (R) (T) 11.50 Electric Proms 2008: Highlights. (T) 12.50 Eilery Queen. (R) (T) 1.40 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

The Gadget Show (five, 8pm)

Data storage is a top priority for many of us who don't want to lose the photos we took on holiday or the growing library of tunes for our MP3 players. External hard drives may be perfect for backing up digital files, but which are the toughest on the market? In this week's show, Suzi Perry and Jon Bentley put a few through their paces by packing 200 grams of gunpowder around several of the drives and then setting them alight. Find out which of them will be left blobs of useless molten plastic, and which will survive the ordeal. The duo also take a look at blow-up movie screens and inflatable backpacks that activate in an avalanche, and compare picture quality between old fashioned film and digital snaps. Suzi and Jon will enlarge two photos until they are the size of a building and see which looks better. With Bonfire Night around the corner, Jason Bradbury takes a timely look at the top five fireworks, and Dallas Campbell examines cinematic pyrotechnics courtesy of George Lucas's pioneering special effects company Industrial Light & Magic. After more than 30 years, the technical geniuses who brought us Star Wars, Iron Man and Wall-E continue to push the envelope when it comes to creating breathtaking cinematic illusions.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Just Shoot Me. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. Niles receives an exciting proposal from Maris. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.10 Charmed. (R) (T) 11.05 Charmed. (R) (T) 12.00 News at Noon. (T) 12.30 Wife Swap USA. (R) (T) 1.30 FILM: Magic in the Water (1995). Family adventure, starring Mark Harmon. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Nursing Britain. New series examining the lives of foreign workers in the NHS. (T) 8.00 Dispatches: Don't Bank on the Bailout. City speculator Hugh Hendry investigates the global financial crisis. (T) 9.00 Embarrassing Teenage Bodies. New series. Doctors help youths going through puberty. Continues tomorrow. (T) 10.00 I Want My Dad Back. Two teenage boys are reunited with their absentee fathers under the supervision of a psychotherapist, each parent aiming to regain his offspring's trust after a lifetime of letdowns. (T) 11.40 Wife Swap USA. A traditional mum switches with the follower of a pagan religion. (T) 12.40 Embarrassing Teenage Bodies. (R) 4.00 FILM: Peggy Sue Got Married (1986). Comedy, starring Kathleen Turner. 3.25 FILM: The Dive from Clausen's Pier (2005). Premiere. Drama, starring Michelle Trachtenberg. (T) 4.55 St Elsewhere. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (T) 6.45 Play! (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.05 Sailor Sid. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Look! (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: Stranger in Town (1998). Thriller, starring Harry Hamlin. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Lights, Camera, Animals. (T) 7.00 Five News. (T) 7.30 Top Trumps: Supercars. An off-road vehicle versus a street-legal racing car. (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. External computer hard drives, inflatables and fireworks; (T) 8.30 Five News at 9. 9.00 Unbreakable. The volunteers face a series of gruelling challenges in the Sahara, including being buried alive and an exhausting run over the sand dunes while wearing stifling gas masks. (T) 10.00 Paul Merton in India. Visiting India's capital of rock 'n' roll in Shillong. (R) (T) 11.05 Police Interceptors. (R) (T) 12.05 Police Interceptors: Special Edition. (T) 12.30 Major League Baseball. Game five of the World Series. 3.00 Motocross. 4.20 The Great South Run. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. New series. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Donna is horrified to learn Shane knows about her fling with Ross after her colleague volunteers the pair to take a training course. Jamie accuses Louise of having an affair. (T)

7.30 Coronation Street. Heartbroken Maria wonders how she will get through the day as she leaves for Liam's funeral, and Carla breaks down and has to leave the church. Sally is forced to miss the service altogether because the police have new information about Rosie. Dev confesses his infidelity to Prem, and Blanche eagerly lings forward to her French trip, while Becky is elated to realise DC Hooch is unable to charge her. (T)

8.00 Card Criminals Uncovered: Tonight. (T)

8.30 Coronation Street. Carla decides to tell everyone that Liam loved her, but Leanne warns the revelation would hurt too many people. Sally and Kevin learn money has been withdrawn from Rosie's account at a cashpoint just outside Manchester, and Dev tries to end his relationship with Tara, while Roy receives a call from Hayley saying she is on her way home. (T)

9.00 Wired. With the pressure from both the police and the criminal gang increasing, Louise hopes to have found an ally in Ben. Crawford breaks the news that Hugh has been found dead, and Manesh puts the final phase of his plan into operation. Last in the series, starring Jodie Whittaker. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Grimebusters. Extreme cleaners tackle a horrendous flat in Leicester, a pest controller takes on an infestation of wasps and a Wolverhampton litter picker deals with fly-tipping. Last in series. (T)

11.10 Suggs in the City. The Madness frontman presents the chat show with celebrity guests and live acoustic performances from the famous members bar the Colony Room. (R)

11.40 Ghosthunting with Coronation Street. Five of the soap's stars visit haunted locations on the Isle of Man. (T)

12.40 Champions League Weekly. (T) 1.05 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.00 Loose Women. (R) 2.50 Chef v Britain. (R) (T) 3.15 Chef v Britain. (R) (T) 3.40 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1515 Portugal no Coração 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2059 Notas Soltas 2115 Cuidado com a Língua 2130 Jogo Duplo 2230 Prós e Contras 0100 Sin City, film 0315 Portugal no Coração 0530 Euronews 0605 Nôs

RTP2
0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Ver BD 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Weeds, series 2330 Bastidores 0030 Noites da Dois 0115 Universidades 0145 Yes, Dear, series 0215 Diga Lá Excelência 0300 Eurodeputados 0345 Euronews 0415 Sociedade Civil 0545 Ver BD 0615 A Fé dos Homens

SIC
0600 Sic Noticias 0900 Dia em Grande 1000 Fátima 1300 News 1415 Como uma Onda 1515 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2115 Vip! Manicure 2145 Podia Acabar o Mundo 2245 A Favorita 0015 Criminal Minds, series 0115 CSI Las Vegas 0215 Todos em Linha 0415 Ciranda de Pedra

TVI
0700 Diário da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Reporter TVI 2200 Feitico de Amor 2245 Olhos nos Olhos 0000 A Outra 0030 The Chamber, film 0245 Sempre a Somar 0415 TVI Negócios 0430 Trudeau O Mito, mini-series 0530 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 7.30 Most Annoying Couples 8.30 Celebrity Scissorhands 9.30 Coming of Age 10.00 EastEnders 10.30 Spooks 11.30 Celebrity Scissorhands 12.30 Last Man Standing 1.25 Coming of Age 1.55 Most Annoying Couples 2.55 Celebrity Scissorhands Uncut 4.55 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 The British Transport Films - A Nation on Film Special 8.10 Elizabethan Express 8.30 Only Connect 9.00 The Story of Maths 10.00 When Borat Came to Town: Storyville 11.00 Bombay Railway 12.00 Only Connect 12.30 The Story of Maths 1.30 The British Transport Films - A Nation on Film Special 2.10 Elizabethan Express 2.30 When Borat Came to Town: Storyville 3.30 The Story of Maths 4.30 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.00 Britannia High 8.00 Katie & Peter: The Next Chapter 9.00 Hell's Kitchen USA 10.00 Film: GoldenEye 12 (1995) 12.40 Coronation Street 1.10 Coronation Street 1.35 Celebrity Juice 2.00 Teleshopping 5.00 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 Futurama 2.30 Futurama 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30 The

Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 Best of Road Wars 10.00 Film: Analyze This 15 (1999) 12.05 Night Cops 1.05 Road Wars 2.00 Miami Uncovered 2.55 Naked in Westminster 3.50 Bite Size Brainiac 3.55 Scare Tactics 4.20 Brainiac: Science Abuse 5.10 Guilty!

G.O.L.D.
1.40 Only Fools and Horses 2.20 The Good Life 3.00 My Family 3.40 dinnerladies 4.20 As Time Goes By 5.00 Keeping Up Appearances 5.40 Waiting for God 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 Fawcett Towers 10.25 Fawcett Towers 11.00 The Royle Family 11.40 Only Fools and Horses 12.20 Fawcett Towers 1.00 Fawcett Towers 1.40 The Royle Family 2.15 The Two Ronnies 3.00 Close

TCM
1.00 Kim U (1950) 3.00 My Favorite Year PG (1982) 4.45 The Boy Friend U (1971) 7.15 Soylent Green 15 (1973) 9.00 The Great Waldo Pepper PG (1975) 11.00 Brass Target PG (1978) 1.00 Where Eagles Dare PG (1969) 3.35 The Verdict PG (1946) 5.00 The Power and the Prize PG (1956)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: High School Musical U (2006) Teenage comedy drama, starring Zac Efron. 7.35 Film: Twiches U (2005) Fantasy adventure, starring Tia and Tamara Mowry.

MOVIES

Sky Movies Drama
7.00 Falsely Accused PG (1993) 8.45 Marilyn Hotchkiss Ballroom Dancing and Charm School 12 (2005) 10.30 The Other Sister 12 (1999) 12.45 Columbo: Murder in Malibu PG (1990) With Peter Falk. 2.30 Breaking the Surface: The Greg Louganis Story 12 (1997) With Mario Lopez. 4.15 How to Make an American Quilt 12 (1995) With Winona Ryder. 6.15 Carolina PG (2003) With Julia Stiles. 8.00 Harsh Times 15 (2005) With Christian Bale. 10.00 The Guardian 15 (2006) With Kevin Costner. 12.30 Heaven's Gate 15 (1980) With Kris Kristofferson. 4.15 Nurses on the Line: The Crash of Flight 7 PG (1993)

Sky Movies Comedy
7.00 George and the Dragon PG (2004) 8.40 Fast Times at Ridgemont High 18 (1982) 10.15 Antz PG (1998) 11.45 Just My Luck PG (2006) With Lindsay Lohan. 1.35 Big Daddy 12 (1999) With Adam Sandler. 3.15 Hot Shots! PG (1991) With Charlie Sheen. 4.45

Antz PG (1998) With Woody Allen. 6.15 Just My Luck PG (2006) With Lindsay Lohan. 8.00 Big Daddy 12 (1999) With Adam Sandler. 9.45 Hot Shots! PG (1991) With Charlie Sheen. 11.15 American Pie Presents: Beta House 18 (2007) With John White. 12.50 Fast Times at Ridgemont High 18 (1982) With Sean Penn. 2.25 We're No Angels 15 (1989) With Robert De Niro. 4.20 George and the Dragon PG (2004)

Sky Movies Action/Thriller
7.35 Ninja Dragons 15 (1994) 9.25 Magic Kid 2 12 (1994) 11.10 Rob Roy 15 (1995) With Liam Neeson. 1.40 The 13th Warrior 15 (1999) With Antonio Banderas. 3.40 35MM 4.10 Shooter 15 (2007) With Mark Wahlberg. 6.30 Rob Roy 15 (1995) With Liam Neeson. 9.00 The 13th Warrior 15 (1999) With Antonio Banderas. 10.50 Shooter 15 (2007) With Mark Wahlberg. 1.00 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 3.00 American Ninja 18 (1985) With Michael Dudikoff. 4.50 Secret of the Andes PG (1998)

SPORT

Sky Sports 1
6.00 Sky Sports Classics 6.15 Spanish Football 7.45 Live Rugby League World Cup. Tonga v Ireland (Kick-off 7.55am). 10.00 Stanford Twenty/20 Cricket 12.00 Spanish Football 1.30 Football First 3.00 Stanford Twenty/20 Cricket 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 2 7.30 Live Irish Football. Cliftonville v Linfield (Kick-off 7.30pm). 9.30 Live Stanford Twenty/20 Cricket. Trinidad and Tobago v Middlesex. 12.30 Live NFL. Tennessee Titans v Indianapolis Colts (Kick-off 12.30am). 4.00 Soccer AM: The Best Bits 5.00 Wild Spirits 5.30 Seamaster Sailing

Sky Sports 2
6.00 Good Morning Sports Fans 9.00 Football First 10.30 Football First 12.00 NFL Gameday 1.30 Rugby League World Cup 3.00 NFL: Top 10.4.00 Show Jumping 6.00 Rugby League World Cup 7.30 NFL Gameday 9.00 NFL: Top 10.00 Big League Weekend 2 11.30 Soccer AM: The Best Bits 12.30 Irish Football 2.00 Big League Weekend 2 3.30 Rugby League World Cup 5.00 Close

Sky Sports 3
6.00 Aerobics Oz Style 6.30 X-Adventures 7.00 Golf Night 8.30 X-Adventures 9.00 WWE Vintage Collection 10.00 WWE: Bottom Line 11.00 WWE: Afterburn 12.00 WWE Vintage Collection 1.00 WWE: Experience 2.00 WWE: Afterburn 3.00 WWE Vintage Collection 4.00 WWE: Bottom Line 5.00 WWE: Raw 7.00 WWE: Smackdown 9.00 WWE

Wrestling: Cyber Sunday 12.00 X-Adventures 12.30 Wild Spirits 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 3.15 Close

British Eurosport
7.30 Motorsports Weekend 8.00 World Touring Car Championship 9.00 World Rally Championship 10.00 MotoGP 12.00 Strongest Man 1.00 ATP Tennis 2.00 WTA Tennis 4.00 ATP Tennis 5.00 Eurogals 5.45 WATTS 6.00 Strongest Man 7.00 Strongest Man 8.00 MotoGP 10.00 World Touring Car Championship 11.30 euroCRASH! 11.45 Eurogals 12.30 Close

Sky Sports Xtra
8.00 NASCAR 10.00 Live Tennis. The Paris Masters. 10.00 World Motor Sport 12.30 Indy Car Series 2.30 World Motor Sport 5.00 Close



(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

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TUE

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28 OCT

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (R) (T) 10.00 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.50 The Secret Show; (R) (T) The Owl. (R) (T) 4.05 Raven. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 EastEnders. Tanya is confused by the police raid as Max hides the gun and Jack answers questions at the station. Danielle realises Callum and Stacey have spent an afternoon together, while Denise urges Darren to end his relationship with Libby. Ricky takes the children trick-or-treating and one of them finds Max's weapon, but it soon gets into DI Turner's hands; (T) BBC News; Regional News. (T)

8.00 Holby City. Chrissie decides she no longer wants to be a nurse and feels able to offer only moral, rather than medical, assistance to a boy injured in a car accident. Connie realises she can never break up John's family so ends her relationship with him, all the while fighting to save his son's life. Joseph hopes that bringing the wedding forward will end Faye's insecurity over his desire to be a father. (T)

9.00 Spooks. Harry vows revenge on Kachimov following the explosion, but the government demands proof of Russian involvement. Lucas is desperate to return to the Grid, but doubts remain about where his loyalty lies. However, when Ros's attempts to blackmail an oil tycoon produce few results, it seems North may be needed after all. Drama, starring Peter Firth, Hermione Norris and Richard Armitage. (T) BBC News. (T)

10.00 Regional News; Weather. (T) 10.25 Imagine. For six months, Alan Yentob accompanied chat-topping rapper-turned-business-mogul Jay-Z through key moments in his career, including his triumphant - and somewhat controversial - headline performance at Glastonbury. This documentary presents an insight into the artist's hectic world, and explores a hitherto undocumented side to his ambitions. Includes contributions from friends Chris Martin and P Diddy. (T)

11.25 **Film 2008 with Jonathan Ross.** The presenter meets Quantum of Solace actors Daniel Craig and Mathieu Amalric, and director Marc Forster to discuss the 21st-century incarnation of James Bond. (T) 12.05 FILM: Just Can't Get Enough (2001). Drama, starring Jonathan Aube. (T) 1.35 Celebrity Scissorhands; (T) Weatherwise. (T) 2.40 Sign Zone: See Hear. (R) (T) 3.10 Sign Zone: Beautiful People. (R) (T) 3.40 Sign Zone: Recipe for Success. (R) (T) 4.25 BBC News. (T)

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 Charlie and Lola. (R) (T) 7.10 Pinky Dinky Doo. (R) (T) 7.20 Harry and Toto. (R) (T) 7.30 LazyTown. (R) (T) 8.00 CBBC: Help! Teach Is Coming to Stay. (T) 9.00 Gimme a Break; (T) Bernard. (R) (T) 9.30 Prank Patrol. (R) (T) 10.00 Evacuation to the Manor House. (R) (T) 10.30 Serious Ocean. (R) (T) 11.00 Dangerous. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Market Kitchen. (T) 3.00 Murder. She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Elephants of Samburu. Conclusion. An orphan elephant is rescued. (R) (T) 7.30 All Over the Shop. An antiques dealer and a children's shoe shop owner in Macclesfield. (T) 8.00 Autumnwatch 2008. A test of intelligence for the red squirrels. (T) 9.00 British Style Genius. The country look, as sported by the royal family. Last in the series. (T) 10.00 Later Live with Jools Holland. With Grace Jones, Seu Jorge and My Morning Jacket. An extended edition can be seen on Friday. (T) 10.30 Newsnight; Weather. (T) 11.20 Savile Row. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Film 2008 with Jonathan Ross (BBC1, 11.25pm)
Two years ago, Ross, Jonathan Ross visited the set of Casino Royale and chatted to Daniel Craig about taking on one of cinema's most legendary heroes, James Bond. Naturally Daniel and the rest of the cast and crew hoped it would do well but were over the moon when it grossed almost \$600million worldwide. Good news for all, until they thought: "How are we going to top it?" With spy thrillers such as the Jason Bourne saga upping the action movie ante, the Bond team knew it had to pull out all the stops for the follow up. At the end of the month, we see if Quantum of Solace is up there with 007 greats such as Goldfinger, or relegated to the DVD bargain bin reserved for A View to a Kill. In this week's show, JR visits the set of the latest James Bond epic; has another chat with Craig, along with his on-screen nemesis Mathieu Amalric and director Marc Forster. In a show which should leave you shaken and stirred, they discuss how the iconic spy has been transformed to meet the tastes of a modern audience.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (R) (T) 6.55 Freshly Squeezed. 7.20 Everybody Loves Raymond. (R) (T) 7.50 Just Shoot Me. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.10 Charmed. (R) (T) 11.05 Charmed. (R) (T) 12.00 News at Noon. (T) 12.30 Wife Swap USA. (R) (T) 1.30 British Made. (R) (T) 1.40 FILM: Catch That Kid (2004). Premiere. Comedy thriller, starring Kristen Stewart. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Nursing Britain. The lives of foreign workers in the NHS. (T) 8.00 Miss Naked Beauty. The women draw attention to their worst features in a photoshoot and challenge a high-street retailer to put a size-14 mannequin in its shop window. With Gok Wan and Myleene Klass. (T) 9.00 Embarrassing Teenage Bodies. The doctors head to a music festival. Continues tomorrow. (T) 10.00 Neil Morrissey's Risky Business. New series. The actor opens his own pub with an onsite micro-brewery. (T) 11.05 The Family. (R) (T) 12.10 Embarrassing Teenage Bodies. (R) 1.15 Poker Nations Cup. 2.10 KOTV Classics (2008). (T) 3.00 FIA GT Championship. (T) 3.30 KOTV. (T) 3.55 Red Bull Air Race 2008. (R) (T) 4.50 British Superbike Championship. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (T) 6.45 Play! (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.05 Sailor Sid. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Look! (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: 919 Fifth Avenue (1995). Drama, starring Barry Bostwick. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Lights, Camera, Animals. (T) 7.00 Five News. (T) 7.30 Highland Emergency. The Rescue 177 team reacts to help a diver suffering from the bends; (T) 7.30 Five News Update. (T) 8.00 Nature Shock. The mysterious explosion of the carcass of a 50-tonne sperm whale; (T) 8.00 Five News at 9.00 CSI: Miami. The mother of Horatio's son Kyle is involved in a murder. (T) 10.00 CSI: NY. As the search for the taxicab killer continues, the team is distracted by the sudden death of a half-time competition winner at a basketball game; (R) (T) Five News Update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. Boston Celtics v Cleveland Cavaliers (Tip-off 1.00am). 3.45 NASCAR. 4.35 US PGA Golf. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Furious Jamie lets his temper get the better of him as he confronts Aussie visitor Jonty (former Neighbours star Mark Little) about his kiss with Louise - and the couple's future is thrown into doubt when she announces her plan to leave the village. Shane catches Donna in a compromising position with Ross, and Anna's feelings for Matthew threaten Donald's plot to take revenge on the Kings. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to answer questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T) Cops with Cameras. Fly-on-the-wall insight into the war against drugs across the country. South Wales Inspector Jo Jones becomes involved in the dramatic interception of a suspected heroin dealer on the M4. In Oldham, Sergeant Mike Peake and his team try to track down an alleged drug dealer, while PC Al Roberts is on the trail of a drugs farm in Plymouth. (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.40 The Troubles I've Seen. Eamonn Holmes talks to familiar faces who grew up in Northern Ireland during the Troubles about the impact of the conflict on their everyday lives and the people in the Province. Among those interviewed are comedian and presenter Patrick Kielty, actors Charles Lawson and James Nesbitt, boxer Barry McGuigan and presenters Gloria Hunniford and Andrea Catherwood. (T)

11.40 Sally Morgan: Star Psychic. The psychic meets paparazzo Darryn Lyons and model Kimberley Stewart before getting messages to Lisa Scott-Lee and Radio One DJ Scott Mills. (T) 12.35 Nightwatch with Steve Scott: Emergency. (R) (T) 1.25 Quincy ME; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 The Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen.

LOCAL

Best of the Rest

MOVIES

SPORT

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1515 Portugal no Coração 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2100 30 Minutos 2128 Jogo Duplo 2227 Telearun 2300 Liga dos Utistas 2355 Alan vs Predator, film 0145 The Matchmaker, film 0330 Portugal no Coração 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Ver BD 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 A Vida Normalmente 0000 Gente da Cidade 2008 0030 Noites das Doís 0115 Universidades 0145 Yes, Dear, series 0215 Câmara Clara 0325 2010 0400 Sociedade Civil 0530 Euronews 0545 Ver BD 0615 A Fé dos Homens

SIC
0600 Sic Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Como uma Onda 1515 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Momento da Verdade 2245 Podia Acabar o Mundo 2345 A Favorita 0030 Criminal Minds, series 0130 CSI Las Vegas, series 0230 Todos em Linha 0415 Ciranda de Pedra

TVI
0700 Diário Da Manhã 1015 Vozes na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2045 Cartas na Mesa 2115 Feticço de Amor 2230 Olhos nos Olhos 2345 A Outra 0030 Fight Club, film 0315 Sempre a Seara 0445 Até que a Morte nos Separe 0515 TVI Negócios 0530 Telesales

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Celebrity Scissorhands 9.00 Last Man Standing 10.00 EastEnders 10.30 Coming of Age 11.00 Spooks 12.00 Celebrity Scissorhands 1.00 Last Man Standing 2.00 The Most Annoying Pop Songs We Hate to Love 3.00 Celebrity Scissorhands 4.00 Uncut 5.00 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Railway Walks 8.00 1914-1918: The Great War 8.50 The Chauffeur's Tale 9.00 That Mitchell and Webb Look 9.30 Flight of the Conchords 10.00 The Book Quiz 10.30 In Love with Barbara 11.55 When Borat Came to Town: Storyville 12.55 Railway Walks 1.25 In Love with Barbara 2.50 Only Connect 3.20 Flight of the Conchords 3.50 The Book Quiz 4.20 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Mott Williams Show 6.00 Judge Judy 7.00 Smallville 8.00 Homes from Hell 2008 9.00 Film: Tomorrow Never Dies 12.15 (1997) 11.25 Quantum of Solace: Bond on Location 11.55 Film: Bird on a Wire 15 (1990) 2.05 Secret Diary of Call Girl 2.30 Entourage 3.00 Teleshopping

Sky1
1.00 Project Runway 2.00 Futurama 2.30 Futurama 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Lion Man 5.30 Lion Man 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 UK Border Force 10.00 Prison Break 11.00 Drugs Wars: DEA 12.00 Road Wars

1.00 Road Wars 1.50 Miami Uncovered 2.40 Naked in Westminster 3.30 Las Vegas 4.20 Brainiac: Science Abuse 5.10 Guilty! **G.O.L.D**
1.40 Only Fools and Horses 2.20 The Good Life 3.00 My Family 3.40 dinnerladies 4.20 As Time Goes By 5.00 Keeping Up Appearances 5.40 Waiting for God 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 The Green Green Grass 10.20 Only Fools and Horses 11.00 The Royle Family 11.35 dinnerladies 12.15 The Green Green Grass 12.55 The Royle Family 1.35 dinnerladies 2.10 The Dick Emery Show 2.25 The Two Ronnies 3.00 Close

TCM
1.00 The Band Wagon U (1953) 3.00 Where the Boys Are PG (1960) 4.50 Friendly Persuasion U (1956) 7.15 The Gang That Couldn't Shoot Straight PG (1971) 9.00 Brainstorm 15 (1983) 10.55 The Best House in London 15 (1968) 12.40 The Power PG (1968) 2.40 Humoresque PG (1946) 5.00 Dark Victory PG (1939) **The Disney Channel**
Kids' programmes from 7am, except: 6.00 Film: Cheetah Girls 2 U (2006) Comedy drama, starring Raven-Symone. 7.35 Film: Halloweentown U (1998) Spooky adventure. Debbie Reynolds stars.

Sky Movies Drama
6.00 The End of Eden PG (1996) 7.45 Pride and Prejudice PG (2003) 9.30 The Cotton Club 15 (1984) 11.45 Columbia Goes to College PG (1991) With Peter Falk. 1.30 Great Expectations 15 (1998) With Ethan Hawke. 3.30 Semi-Tough 15 (1977) With Burt Reynolds. 5.30 35MM 6.00 Bobby 15 (2006) With Laurence Fishburne. 8.00 The Skulls 15 (2000) With Joshua Jackson. 10.00 The Good Shepherd 15 (2006) With Matt Damon. 12.45 The Young Americans 18 (1993) With Harvey Keitel. 2.45 Mississippi Burning 18 (1988) With Gene Hackman. 5.00 The Neighbor 12 (2008)

Sky Movies Comedy
6.00 Milk 15 (1998) 7.45 I Want Candy 15 (2007) 9.20 Confessions of an Ugly Stepister U (2001) 11.00 My Best Friend's Wedding 12 (1997) With Julia Roberts. 12.50 Blades of Glory 12 (2007) With Will Ferrell. 2.30 Hot Shots! Part Deux PG (1993) With Charlie Sheen. 4.00 Parenthood 15 (1989) With Steve Martin. 6.10 My Best Friend's Wedding 12 (1997) With Julia Roberts. 8.00 Blades of Glory 12 (2007) With Will Ferrell. 9.45 Hot Shots! Part Deux PG (1993) With Charlie Sheen. 11.15 Parenthood 15 (1989) With Steve Martin. 1.25 Chubby Goes Down Under 18 (1998) With Roy 'Chubby' Brown. 2.55 I Want Candy 15 (2007) With Carmen Electra. 4.30 Confessions of an Ugly Stepister U (2001)

Sky Movies Action/Thriller
6.40 Torn Curtain 15 (1966) 9.00 Ultraviolet 15 (2006) 10.40 Walker, Texas Ranger. Trial by Fire 12 (2005) 12.25 Ultraviolet 15 (2006) With Milla Jovovich. 2.05 Torn Curtain 15 (1966) With Paul Newman. 4.15 Brotherhood 15 (2004) With Dong-Kun Jang. 6.45 The Fugitive 15 (1993) With Harrison Ford. 9.00 Fire Down Below 18 (1997) With Steven Seagal. 10.50 Midnight Run 18 (1988) With Robert De Niro. 1.00 Inferno 18 (1999) With Jean-Claude Van Damme. 2.50 Dad Savage 18 (1997) With Patrick Stewart. 4.50 Back in Business PG (2007)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Sky Sports 1
6.00 Good Morning Sports Fans 9.00 Irish Football 10.30 Seamaster Sailing 11.00 Stanford Twenty/20 Cricket 1.00 Seamaster Sailing 1.30 Big League Weekend 2.30 Soccer AM. The Best Bits 4.00 Irish Football 5.30 Stanford Twenty/20 Cricket 7.30 Soccer Special 9.00 Live Stanford Twenty/20 Cricket. England v Trinidad and Tobago. 12.30 Football Special 2.00 Revista De La Liga 3.00 Football Asia 3.30 X-Adventures 4.00 Live Test Cricket. India v Australia.

Sky Sports 2
6.00 Aerobics Oz Style 6.30 Soccer AM: The Best Bits 7.30 Seamaster Sailing 8.00 World Motor Sport 10.30 Big League Weekend 2 12.00 Soccer AM: The Best Bits 12.00 NFL: Total Access 2.00 NFL 4.00 Seamaster Sailing 4.30 NFL: Total Access 5.30 Champions League Weekly 6.00 Football Asia 6.30 Revista De La Liga 7.30 Live Football Special. Newcastle United v West Bromwich Albion (Kick-off 7.45pm). 10.00 Poker Million 12.00 NFL: Total Access 1.00 World Motor Sport 3.30 Close

Sky Sports 3
9.00 Show Jumping 11.00 Aerobics Oz Style 11.30 Racing News 12.00 World Motor Sport 2.30 Indy Car Series 4.30 X-Adventures 5.00 Wild Spirits 5.30 NFL 7.30 Live

Greyhound Racing. Coverage of the St Leger Final. 10.00 Sports Unlimited 11.00 A-League 11.30 Revista De La Liga 12.30 Sports Unlimited 1.30 Poker Million 3.30 Close

British Eurosport
7.30 MotoGP 8.30 Women's International Football 10.15 Eurogoals 11.00 Trial Bikes 11.30 MotoGP 1.00 Trial Bikes 1.30 World Touring Car Championship 2.30 Eurogoals 3.15 Women's International Football 5.00 Eurogoals 5.15 WATTS 5.45 Eurogoals 6.30 Strongest Man 7.30 Boxing 8.00 Boxing 10.00 World Touring Car Championship 10.30 Rallying 11.00 Powerboating 11.30 MotoGP 12.30 Close

Sky Sports Xtra
10.00 Live Tennis. The Paris Masters. 10.00 Pool 11.00 X-Adventures 11.30 Motor Racing 12.00 Wild Spirits 12.30 Pool 1.30 X-Adventures 2.00 A-League 2.30 Motor Racing 3.00 Close

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29 OCT

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (R) (T) 10.00 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.50 The Secret Show; (R) (T) The Owl. (R) (T) 4.05 Get 100. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 Motorway Cops: A Traffic Cops Special. Highway police in Cheshire deal with a crash which has left one lane of the motorway blocked, and the Humber-side constabulary attend to a lorry fire on the M180 which has made both carriageways impassable. Further south on the M6, the police find record numbers of foreign drivers without licences or insurance, causing further problems on the roads. Jamie Theakston narrates. (R) (T)

9.00 Silent Witness. Part one of two. A boy's body is discovered near his school, and a search is launched when the classmate he was last seen with is reported missing. After it transpires the deceased was abused and has traces of an unknown toxic chemical in his body, the youngsters' headmaster, a man who used to teach Nikki, becomes a suspect - and a second corpse is found. Reece Dinsdale guest stars. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Drawn. Leona Lewis performs in the studio, as the balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

10.45 Match of the Day. Gary Lineker introduces highlights of this evening's Premier League matches, which included Arsenal v Tottenham Hotspur and Hull City v Chelsea. Spurs have endured a difficult start to the season, but many of their woes would be forgotten if they could defeat their north London rivals, while the Tigers were aiming to add Chelsea to their list of surprise scalps since their promotion from the Championship. Plus, action from Manchester United v West Ham United and last night's fixture between Newcastle United and West Bromwich Albion; (T) National Lottery Update. (T)

12.05 Medium; (T) Weatherview. (T) 12.55 Celebrity Scissorhands. (T) 1.55 Sign Zone: The Planners Are Coming. (R) (T) 2.25 Sign Zone: An Island Parish. (R) (T) 2.55 Sign Zone: Little Dorrit. (R) (T) 3.55 Sign Zone: Recipe for Success. (R) (T) 4.40 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 Charlie and Lola. (R) (T) 7.10 Pinky Dinky Doo. (R) (T) 7.20 Harry and Toto. (R) (T) 7.30 LazyTown. (R) (T) 8.00 CBBC: Help! Teach Is Coming to Stay. (R) (T) 9.00 Gimme a Break; (R) (T) Bernard. (R) (T) 9.30 Prank Patrol. (R) (T) 10.00 Evacuation to the Manor House. (R) (T) 10.30 Serious Ocean. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (T) 2.15 Market Kitchen. (T) 3.00 Murder. She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Autumnwatch 2008. Simon King encounters deer in the city of Birmingham. (T) 8.00 The Restaurant. The two remaining couples go head-to-head in the final challenge. Last in the series. (T) 9.00 Heroes. Claire tries to take down her first target - an escapee who can create black holes - armed with Noah's old films and a taser. Peter flees from the future and Hiro befriends Daphne. (T) 9.45 Heroes Unmasked. The characters who have returned in series three. (T) 10.00 Mock the Week Again. With Mark Steel and Adam Hills. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Prescott: The Class System and Me. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

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Pick of the Day

The National Television Awards 2008 (ITV1 Granada, 8pm)

The posh frocks have been donned and the tuxedos dusted down in preparation for this year's 14th National Television Awards. All you have to do is settle back and enjoy. As many celebs love to tell us, these gongs are more important than most because they are voted for by the viewers and not a bunch of faceless critics. The Outstanding Serial Drama Performance should generate plenty of interest as Corrie's Katherine Kelly (Becky) goes up against Emmerdale's Charlotte Bellamy (Laurel), EastEnders' Lacey Turner (Stacey) and Matt Litterer, aka Max in Hollyoaks. Since it returned to the box in 2005, Doctor Who has been a big success at the NTAs, and this year both Catherine Tate and David Tennant are up for Outstanding Drama Performance. The show itself could clinch Most Popular Drama for the fourth year running. Another firm favourite is big collared funnyman Harry Hill. He won over the Bafta judges earlier this year, but can he also take home an NTA gong? With TV Burp up for Most Popular Comedy Programme for the second year running, don't be too surprised if Harry walks off with the prize. And no British TV awards bash would be complete without Ant and Dec. An eighth run of their Saturday Night Takeaway began in February this year and is now in the running for Most Popular Entertainment Programme. The duo are also up for Most Popular Entertainment. Trevor McDonald hosts the event from the Royal Albert Hall.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (R) (T) 6.55 Freshly Squeezed. (T) 7.20 Everybody Loves Raymond. (R) (T) 7.50 Just Shoot Me. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.10 Charmed. (R) (T) 11.05 Charmed. (R) (T) 12.00 News at Noon. (T) 12.30 Wife Swap USA. (R) (T) 1.30 Rescue Remedies. (R) (T) 1.40 FILM: The Wolves of Willoughby Chase (1989). Children's adventure, with Stephanie Beacham. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (R) (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Nursing Britain. Foreign medical staff who have moved to the UK to work in the NHS. (T) 8.00 Embarrassing Teenage Bodies. The doctors turn their attention to teenage boys. Concludes tomorrow. (T) 9.00 The Family. Tom gets a piercing without his parents' consent and then gets into trouble at school, prompting Simon to sit down with his son and explain that answering back just makes things worse. (T) 10.00 Desperate Housewives. Lynette discovers a softer side to Porter. (T) 11.05 Embarrassing Teenage Bodies. (R) 12.05 4Music: Monkey: Video Exclusive. 12.10 4Music: Transmission: Collaborations. 12.30 4Music: 4Play: Gabriella Cilmi. 12.45 4Music: Cinematic Orchestra: To Build a Home. 12.55 Coming Up: Lickie Bill Um. (R) (T) 1.30 Swimming. (R) (T) 1.45 The Virgin Daughters. (R) (T) 2.45 3 Minute Wonder: The Best of Fourcords. (R) (T) (bw) 2.50 The End of the World Cult. (R) (T) 3.50 Abductees. (R) (T) 4.00 Tony Robinson's Crime and Punishment. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (T) 6.45 Play! (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.05 Sailor Sid. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerlotos. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Look! (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: Hart to Hart: Till Death Do Us Part (1996). Mystery, starring Robert Wagner and Stefanie Powers. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Wild Animal ER. (R) (T) 7.00 Five News. (T) 7.30 It Pays to Watch. How to claim back thousands of pounds on mortgage insurance; (T) 7.30 Five News Update. (T) 8.00 Axe Men. As the loggers return to work after Thanksgiving, the race for profits and seemingly impossible deadlines put pressure on the less experienced members of the teams; (T) 8.00 Five News at 9. 9.00 Paul Merton in India. The world's largest tricycle and snake catchers in Hyderabad. (T) 10.00 Banged Up Abroad. A university graduate caught smuggling drugs into South Korea. (T) 11.05 Unbreakable. (R) (T) 12.05 Major League Baseball. Game six of the World Series. 4.20 Motorsport Mundial. 4.45 Race and Rally UK. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Anna grows tired of being used as a pawn in her father's attempt to bring down the King family. Marlon receives a boost when Rodney offers him work at Home Farm over Christmas. (T)

7.30 Coronation Street. Peter Barlow turns up at Ken's house with an infant son in tow. Carla tells Tony she is going away for a while, and DC Hooch warns Steve against continuing to give Becky an alibi. (T)

8.00 The National Television Awards 2008.

Trevor McDonald hosts the 14th star-studded ceremony from the Royal Albert Hall as some of the biggest names on the small screen gather to hear the results of a nationwide poll for 10 categories, including new awards for Outstanding Serial Drama Performance and Outstanding Drama Performance, which pits David Tennant against his Doctor Who co-star Catherine Tate. Simon Cowell's chances look good as Britain's Got Talent and The X Factor battle Strictly Come Dancing and Dancing on Ice. Gordon Ramsay's Kitchen Nightmares takes on the BBC's Apprentice and Top Gear, while first-time nominees Alan Carr and Justin Lee Collins hope to beat Ant and Dec to the Entertainment Presenter gong. There is also a surprise for one famous guest who will be receiving the Special Recognition Award. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.40 Ghost Town? London's Empty Homes. With 83,000 properties standing vacant in the capital, a special edition of the London Programme examines what can be done to put these wasted homes back into use. (R) (T)

11.10 Suggs in the City. Chat show with celebrity guests and live music.
11.40 Numb3rs. An Iraqi film-maker who was promoting the rights of Muslim women is murdered. Don enlists the help of the victim's cousin and uncovers a connection to former dictator Saddam Hussein. (T)

12.40 Bingo Night Live. 1.40 Raines; (R) (T) ITV News Headlines. 2.30 Loose Women. (R) 3.20 The Jeremy Kyle Show. (R) (T) 4.15 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 13000 News 1415 Amor e Intriças 1515 Portugal no Coração 1800 1800 Portugal em Directo 1900 O Preço Certo 2000 News 2100 Em Reportagem 2130 Jogo Duplo 2230 O Caminho Faz-se Caminhando 2330 Moulin Rouge, film 0145 Foy's S'War: A War Of Nerves, film 0330 Portugal no Coração 0605 Nós RTP2

0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Ver BD 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2200 News 2240 Without a Trace, series 2330 Clube de Jornalistas 0030 Noites da Dois 0115 Universidades 0145 Yes, Dear, series 0215 Bastiões 0245 Biosfera 0330 Euronews 0415 Sociedade Civil 0545 Ver BD 0615 A Fé dos Homens

SIC
0600 Sic Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Como uma Onda 1515 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Camilo em Sarilhos 2215 Fovita Acabar o Mundo 2315 A Favorita 0030 Criminal Minds, series 0130 CSI Las Vegas, series 0230 Dois em Linha 0415 Ciranda de Pedra TVI
0700 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Feitico de Amor 2230 Olhos nos Olhos 2345 A Outra 0030 Sinal de Perigo, film 0215 Sempre a Somar 0345 Até que a Morte nos Separe 0415 TVI Negócios 0430 Hitler: The Rise of Evil, mini-series 0530 Telesales

Best of the Rest

BBC3

7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Celebrity Scissorhands 9.00 Jamaica: Whose Hair Is It Anyway? 10.00 Heroes 10.45 Family Guy 11.05 Family Guy 11.25 Last Man Standing 12.25 Coming of Age 12.55 Jamaica: Whose Hair Is It Anyway? 1.55 Celebrity Scissorhands 2.55 Celebrity Scissorhands Uncut 4.55 BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 Britain from Above 9.00 The Satellite Story 10.00 A Year in Tibet 11.00 The Lost World of Tibet 12.00 Earth from the Air 1.00 The Sky at Night 1.30 The Satellite Story 2.30 Britain from Above 3.30 Earth from the Air 4.30 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.00 Smallville 8.00 Hell's Kitchen USA 9.00 Jack Osbourne: Celebrity Adrenaline Junkie 10.00 Backstage Exclusive at The National Television Awards 11.00 Celebrity Juice 11.30 Coronation Street 12.00 Film: The World Is Not Enough 12 (1999) 2.20 No Heroes 2.45 Teleshopping 5.45 ITV2

Sky1

1.00 Project Runway 2.00 Futurama 2.30 Futurama 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Lion Man 5.30 Lion Man 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons

8.30 The Simpsons 9.00 Film: Analyze This 15 (1999) 11.05 Road Wars 12.05 Road Wars 1.05 Street Wars 1.55 Miami Uncovered 2.45 Naked in Westminster 3.35 Scare Tactics 4.00 Bite Size Brainiac 4.20 Brainiac: Science Abuse 5.10 Guilty! G.O.L.D

1.40 Only Fools and Horses 2.20 The Good Life 3.00 My Family 3.40 The Thin Blue Line 4.20 As Time Goes By 5.00 Keeping Up Appearances 5.40 Waiting for God 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 The Vicar of Dibley 10.20 French and Saunders 11.00 The Royle Family 11.35 The Vicar of Dibley 12.15 French and Saunders 12.55 The Dick Emery Show 1.15 The Royle Family 1.50 The Royle Family 2.25 The Two Ronnies 3.00 Close

TCM

1.00 Meet Me in St Louis U (1944) 3.00 Two Loves PG (1961) 4.45 Saramouche U (1952) 6.50 The Yellow Rolls-Royce PG (1964) 9.00 Coma 15 (1978) 11.05 Sitting Target 15 (1972) 12.50 Welcome to Hard Times PG (1967) 2.45 Uncertain Glory PG (1944) 5.00 The Roaring Twenties U (1939)

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Camp Rock PG (2008) Family comedy, starring Demi Lovato. 7.35 Film: Halloween II: Kalabar's Revenge PG (2001) Spooky adventure sequel, starring Debbie Reynolds.

MOVIES

Sky Movies Drama

6.45 One Special Night PG (1999) 8.20 Diana: The Final Journey 12 (2007) 9.55 A Thousand Acres 15 (1997) 11.45 Star Wars: The Clone Wars Special 12.15 Columbo: The Murder of a Rock Star PG (1991) With Peter Falk. 2.00 Havana PG (1990) With Robert Redford. 4.30 Forgotten Sins 15 (1996) With William Devane. 6.15 Cruel Intentions 15 (1999) With Sarah Michelle Gellar. 8.00 Reign Over Me 15 (2007) With Adam Sandler. 10.15 Titus 18 (1999) With Anthony Hopkins. 1.00 Body Count 18 (1998) With David Caruso. 2.45 McVicar 18 (1980) With Roger Daltrey. 4.45 Love Letters PG (1999)

Sky Movies Comedy

6.10 Ever After: A Cinderella Story PG (1998) 8.15 Pizzi's Honor 15 (1985) 10.30 Ever After: A Cinderella Story PG (1998) 12.35 Blast from the Past 12 (1999) With Brendan Fraser. 2.35 Mr Woodcock 12 (2007) With Billy Bob Thornton. 4.15 Stranger than Fiction 12 (2006) With Will Ferrell. 6.15 The Waterboy 12 (1998) With

Adam Sandler. 8.00 Blast from the Past 12 (1999) With Brendan Fraser. 10.00 Mr Woodcock 12 (2007) With Billy Bob Thornton. 11.35 Stranger than Fiction 12 (2006) With Will Ferrell. 1.35 Pizzi's Honor 15 (1985) With Jack Nicholson. 3.45 I'm Gonna Git You Sucka 15 (1988) 5.20 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.25 Stormbreaker PG (2006) 8.05 The House Next Door 12 (2006) 9.50 Red Sonja 15 (1985) 11.35 The Grissom Gang 18 (1971) With Scott Wilson. 1.50 Renaissance 15 (2006) With Daniel Craig. 3.50 The House Next Door 12 (2006) With Lara Flynn Boyle. 5.35 Time Bomb 12 (2006) With Angela Bassett. 7.15 Red Sonja 15 (1985) With Brigitte Nielsen. 9.00 Passenger 57 15 (1992) With Wesley Snipes. 10.30 Death Sentence 18 (2007) With Kevin Bacon. 12.20 Oog-Bak 18 (2005) With Tony Jax. 2.20 The Big Hit 18 (1998) With Mark Wahlberg. 4.05 Stormbreaker PG (2006) 5.45 The Top 10 Show

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SPORT

Sky Sports 1

6.00 Live Test Cricket. India v Australia. 11.30 Stanford Twenty/20 Cricket 2.00 Football Asia 2.30 Revista De La Liga 3.30 Test Cricket 5.00 Stanford Twenty/20 Cricket 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 FIFA Futbol Mundial 12.00 Transworld Sport 1.00 Total Rugby 1.30 Poker Million 3.30 FIFA Futbol Mundial 4.00 Live Test Cricket. India v Australia.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 Football Special 11.00 Poker Million 1.00 Football Special 2.30 Poker Million 4.30 A-League 5.00 NFL: Total Access 6.00 A-League 6.30 Total Rugby 7.00 FIFA Futbol Mundial 7.30 Live Football Special. Arsenal v Tottenham Hotspur (Kick-off 8.00pm). 10.30 Football First 12.00 Football First 1.30 Football First 3.00 Sports Unlimited 4.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 X-Adventures 7.00 Pool 8.00 Revista De La Liga 9.00 X-Adventures 9.30 Total Access 10.00 Pool 11.00 A-League 11.30 Racing News 12.00 Motor Racing 12.30 A-League 1.00 NFL: Total Access 2.00 X-Adventures 2.30 Motor Racing 3.00 Sports Unlimited 4.00 Pool 5.00 X-

Adventures 5.30 Motor Racing 6.00 European Challenge Tour Golf 7.00 European Tour Weekly 7.30 Test Cricket 9.00 European Challenge Tour Golf 10.00 European Tour Weekly 10.30 Total Rugby 11.00 Watersports World 12.00 European Challenge Tour Golf 1.00 Test Cricket 2.30 Transworld Sport 3.30 Close

British Eurosport

7.30 Eurogoals 7.45 Eurogoals 8.30 Women's International Football 10.15 Women's International Football 11.30 Trial Bikes 12.00 World Superbikes 1.00 World Superbikes 2.00 Women's International Football 3.15 Women's International Football 5.00 Eurogoals 5.15 Women's International Football 6.30 WATTS 6.45 Wednesday Selection 6.55 Show Jumping 7.55 Polo 8.25 Riders Club 8.30 US Tour Golf 9.30 European Tour Golf 10.00 Golf Club 10.05 Ocean Race 10.10 Yacht Club 10.15 Mountain Biking 10.45 Women's International Football 12.00 WATTS 12.30 Close

Sky Sports Xtra

9.00 Sports Unlimited 10.00 Live Tennis. The Paris Masters. 10.00 Transworld Sport 11.00 NFL: Total Access 12.00 Max Power 1.00 X-Adventures 1.30 European Tour Weekly 2.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



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30 OCT

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (R) (T) 10.00 Put Your Money Where Your Mouth Is. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Raven. (T) 4.35 Election. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 EastEnders. Hour-long episode. With Peggy's Halloween party in full swing, Jack takes his chance to get back at Max for trying to frame him, frogmarching his handcuffed brother to his car and subjecting him to a brutal humiliation in a dark street. However, Tanya discovers her husband in a bad way and starts to question what Jack is capable of - before a repentant Max decides to make peace with Jack and get rid of the gun - but is shocked to spot a car heading straight for him. Meanwhile, Ronnie and Bianca cross swords in the Vic. (T)

8.30 Little Dorrit. Arthur worries his father may be responsible for the Dorrits' downfall and ponders whether this is what haunted him when he died. Despite meeting up with his childhood sweetheart, Arthur is preoccupied with thoughts of Pet Meagles and is pleased to be invited to stay with her family. Matthew Macfadyen stars. (T)

9.00 Silent Witness. Conclusion. The search for Liam resumes and a link is discovered between Hopkins, Stokes and the dead schoolboy's stepfather. Meanwhile, Nikki performs an autopsy on the second body and finds traces of the same unknown toxin found in the first. Leo and Harry try to identify and locate the source of the chemical in a bid to find out where Liam is being held - and are led to a container hidden in the woods. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weather. (T)
12.25 Celebrity Scissorhands. (T) 1.25 Sign Zone: Panorama. (R) (T) 1.55 Sign Zone: Watchdog. (R) (T) 2.25 Sign Zone: What to Eat Now. (R) (T) 2.55 Sign Zone: Charley Boorman: Ireland to Sydney by Any Means. (R) (T) 3.55 Sign Zone: Recipe for Success. (R) (T) 4.40 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 Charlie and Lola. (R) (T) 7.10 Pinky Dinky Doo. (R) (T) 7.20 Harry and Toto. (R) (T) 7.30 LazyTown. (R) (T) 8.00 CBBC: Help! Teach Is Coming to Stay. (R) (T) 9.00 Gimme a Break; (R) (T) Bernard. (R) (T) 9.30 Prank Patrol. (R) (T) 10.00 Evacuation to the Manor House. (R) (T) 10.30 Serious Ocean. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Market Kitchen. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 James May's 20th Century. Innovations that have changed people's lives. (R) (T) 7.30 Credit Crash Britain - HBOS: Breaking the Bank. New series. The first of five programmes examining different aspects of the credit crunch. (T) 8.00 Autumnwatch 2008. An update on the red squirrel obstacle course. (T) 9.00 Never Mind the Buzzcocks. With guest team captain Russell Brand. (T) 9.30 Beautiful People. A hair-dye job results in disaster. (T) 10.00 The Graham Norton Show. With Mickey Rourke and Jessica Biel. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 India with Sanjeev Bhaskar. (R) (T) 12.20 Kath & Kim. (R) (T) 12.45 Kath & Kim. (R) (T) 1.15 BBC News. (T) 4.00 BBC Learning Zone. (T)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (T) 6.45 Play! (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbourhood. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: Columbo: Agenda for Murder (1990). Crime drama, starring Peter Falk. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.35 Wild Animal ER. (R) (T) 7.00 Five News. (T) 7.30 How Do They Do It? Making steel and recycling household rubbish; (T) 7.30 Five News Update. (T) 8.00 Ronnie Barker's Comedy Heroes. Performers who influenced the writer and funnyperson's work; (R) (T) 8.00 Five News at 9.30 Danger Men. Capturing wild animals in South Africa's nature reserves. (T) 10.00 Slaves in the Cellar. The story of two Russian girls held captive for almost four years. (T) 11.05 Fred and Rose: The West Murders. (R) (T) 12.05 Quiz Call. 12.30 Major League Baseball. Game seven of the World Series. 4.20 ITU Triathlon. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Pick of the Day

Russell Brand's Ponderland (C4, 10.35pm)

It's been an intriguing year for Russell Brand so far. Aside from his bestselling tome My Booky Wook winning Biography of the Year at the British Book Awards, he made his Hollywood breakthrough with the comedy Forgetting Sarah Marshall. Brand stole the show as charismatic rocker Aldous Snow and helped it gross more than \$100million. Movie producers were so impressed they rushed a Snowcentric sequel, Get Him To The Greek, into production, while Disney bosses are hoping he can repeat his success in Adam Sandler's new comedy Bedtime Stories. Despite being much in demand, Brand has still found time to deliver his weekly Radio Two series and has created a second helping of this Bafta-nominated show. If you missed the first run, the format is simple enough: Russell discusses his thoughts on a series of subjects, and while sometimes he goes off on a tangent, most of the time the result is surprisingly engaging. In this offering he delves into the world of pets and uncovers a human obsession fraught with confusion. We meet the lady abused by her religious horse, and Brand asks: "Is it possible to learn Kung Fu from a lion?"

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 6.55 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Just Shoot Me. (R) (T) 8.15 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.10 Charmed. (R) (T) 11.05 Charmed. (R) (T) 12.00 News at Noon. (T) 12.30 Wife Swap USA. (R) (T) 1.30 FILM: The Return of the Musketeers (1989). Swash-buckling adventure, starring Oliver Reed. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Nursing Britain. The lives of foreign workers in the NHS. Last in the series. (T) 8.00 River Cottage Autumn. Hugh Fearnley-Whittingstall urges the public to grow their own produce. (T) 9.00 Embarrassing Teenage Bodies. The doctors offer safe-sex advice to students. Last in the series. (T) 10.00 8 Out of 10 Cats. Johnny Vegas, Chris Addison and Nicky Hamblenton-Jones join teams captained by Sean Lock and Jason Manford for the topical and irreverent panel show hosted by Jimmy Carr. (T) 10.35 Russell Brand's Ponderland. (T) 11.10 Embarrassing Teenage Bodies. (R) 12.10 4Music: Bloc Party - Live and Intimate. 12.45 4Music: Rockfeedback. 1.15 FILM: Yatra (2006). Premiere. Drama, starring Nana Patekar and Nakul Vaid. 3.45 Unreported World. (R) (T) 4.10 St Elsewhere. (R) (T) 4.55 Countdown. (R) (T) 5.40 Making It. (R) 5.45 The Hoobs. (R) (T)

(bw)-black and white.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amore Infrangibles 1515 Portugal Coração 1800 Portugal em Direto 1900 O Preço Certo 2000 News 2100 Grande Entrevista 2135 Jogo Duplo 2235 Os Contemporâneos 2320 Corridos do Poder 0015 Assassination Of Richard Nixon, film 0200 All The President's Men, film 0415 Portugal no Coração 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Ver BD 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic: Out of the Blue 2200 News 2240 Bones, series 2330 Balança & Contas 0300 Noites da 20115 Universidades 0415 Yes, Dear, series 0215 Gente da Cidade 0245 Iniciativa 0330 Euronews 0415 Sociedade Civil 0545 Ver BD 0615 A Fé dos Homens

SIC

0600 Sic Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Como uma Onda 1515 Beleza Pura 1600 Contato 1800 Rebelde 2100 Roda da Sorte 2000 News 2130 Camilo em Sarilhos 2215 Podia Acabar o Mundo 2315 A Favorita 0015 Criminal Minds, series 0115 CSI Las Vegas, series 0200 Cartaz Cultural 0230 Todos em Linha 0415 Ciranda de Pedra TVI

0700 Diário Da Manhã 1015 Você Na TV 1300 News 1400 As Tardes de Julia 1700 Quem Quer Ganhar 1815 Morangos Com Açúcar 2000 News 2130 Feitico de Amor 2230 Olhos nos Olhos 2345 A Outra 0030 NCIS, Series 0145 Cartaz das Artes 0215 Sempre a Somar 0345 Até que a Morte nos Separe 0415 TVI Negócios 0430 Hitler: The Rise of Evil, mini-series 0530 Telesales

Best of the Rest

BBC3

7.00 Top Gear 8.00 Last Man Standing 9.00 Celebrity Scissorhands 10.00 EastEnders 11.00 The Real Hustle 11.30 Celebrity Scissorhands 12.30 Coming of Age 1.00 Last Man Standing 2.00 The Real Hustle 2.30 Coming of Age 3.00 Celebrity Scissorhands 3.55 Close

BBC4

7.00 World News Today 7.00 Weather 7.40 1914-1918: The Great War 8.30 Railway Walks 9.00 In Love with Barbara 10.25 Robbie - A Rippe Old Age: Barbara Cartland 10.55 The Time of Your Life - Barbara Cartland 11.25 Railway Walks 11.55 BBC Four Sessions 12.55 BBC Four Sessions 1.55 In Love with Barbara 3.20 Railway Walks 3.50 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.00 Smallville 8.00 The Fashion Show 9.00 Katie & Peter: The Next Chapter 10.00 Film: The World Is Not Enough 12 (1999) 12.30 Entourage 1.05 Film: Die Another Day 12 (2002) 3.25 Teleshopping 5.55 ITV2 Nightscreen

Sky1

1.00 Project Runway 2.00 Max

Magic 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Lion Man 5.30 Lion Man 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Is Your Smarter Than a 10 Year Old? 9.00 Bones 10.00 Cold Case 11.00 Fringe 12.10 Road Wars 1.10 Road Wars 2.05 Miami Uncovered 3.00 Naked in Westminster 3.55 Scare Tactics 4.20 Brainiac: Science Abuse 5.10 Guilty!

G.O.L.D

1.40 Only Fools and Horses 2.20 The Good Life 3.00 My Family 3.40 The Thin Blue Line 4.20 As Time Goes By 5.00 Keeping Up Appearances 5.40 Waiting for God 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 Morecambe and Wise - The Greatest Moment 11.15 The Royle Family 11.55 Porridge 12.35 Morecambe and Wise - The Greatest Moment 2.00 What a Carry On! 2.30 The Two Ronnies 3.00 Close

TCM

1.00 Green Mansions U (1959) 3.00 Started with a Kiss PG (1959) 4.55 The Journey U (1959) 7.10 Hearts of the West PG (1975) 9.10 Batman Returns 12 (1992) 11.20 The Night Digger 15 (1971) 1.15 The Girl and the General PG (1967) 3.00 Treasure Island PG (1934) 5.00 Ransom PG (1956)

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: High School Musical 2 U (2007) Teenage comedy sequel, starring Zac Efron. 7.45 Film: Halloweenween High PG (2004) Spooky comedy sequel, starring Kimberly J Brown.

MOVIES

Sky Movies Drama

6.30 Desperate Rescue 12 (1992) 8.10 Ruby 15 (1992) 10.05 Between Love and Honor PG (1995) 11.45 Columbo: Death Hits the Jackpot PG (1991) With Peter Falk. 1.30 Three Wishes PG (1995) With Patrick Swayze. 3.30 A Mother's Testimony 15 (2000) With Kate Jackson. 5.10 Star Wars: The Clone Wars Special 5.40 Flyboys 12 (2006) With James Franco. 8.00 What Dreams May Come 15 (1998) With Robin Williams. 10.00 Breaking and Entering 15 (2006) With Jude Law. 12.00 The Doors 18 (1991) With Val Kilmer. 2.30 The Wicked Lady 18 (1983) With Faye Dunaway. 4.15 Victim of Love PG (1993)

Sky Movies Comedy

7.10 Robin Hood: Men in Tights PG (1993) 9.00 Clerks II 15 (2006) 10.50 Sleepless in Seattle PG (1993) 12.40 Employee of the Month 12 (2006) With Dane Cook. 2.30 National Lampoon's Animal House 15 (1978) With John Belushi. 4.20 Robin Hood: Men in Tights PG (1993) With Cary Elwes. 6.10 Three

Men and a Baby PG (1987) With Tom Selleck. 8.00 Sleepless in Seattle PG (1993) With Tom Hanks. 10.00 Employee of the Month 12 (2006) With Dane Cook. 11.50 Clerks II 15 (2006) With Brian O'Halloran. 1.40 National Lampoon's Animal House 15 (1978) With John Belushi. 3.35 Farce of the Penguins 15 (2006) 5.00 Three Men and a Baby PG (1987)

Sky Movies Action/Thriller

6.05 Los Locos: Posse Rides Again 15 (1997) 7.50 Cries in the Dark 12 (2006) 9.30 Night of Terror 18 (2006) 11.05 Consenting Adults 15 (1992) With Kevin Kline. 12.50 Los Locos: Posse Rides Again 15 (1997) With Mario Van Peebles. 2.35 Superman Returns 12 (2006) With Brandon Routh. 5.10 The X-Files 15 (1998) With David Duchovny. 7.15 Consenting Adults 15 (1992) With Kevin Kline. 9.00 8mm 18 (1999) With Nicolas Cage. 11.10 Shoot 'Em Up 18 (2007) With Clive Owen. 12.45 The X-Files 15 (1998) With David Duchovny. 2.50 Resurrection Man 18 (1997) With Stuart Townsend. 4.35 Desperate Justice PG (1993)

(R) - repeat programme;

(T) - program me with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v Australia. 11.30 European Tour Weekly 12.00 Live European Tour Golf. The Volvo Masters. 4.00 Total Rugby 4.30 Test Cricket 6.00 The Rugby Club 7.00 Premier League 7.00 Test Cricket 9.00 Live Stanford Twenty20 Cricket. Stanford Superstars v Middlesex. 12.30 Premier League World 1.00 The Rugby Club 2.00 Race World 3.00 Premier League World 3.30 ATP Tennis 4.00 Live Test Cricket. India v Australia.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Football First 10.30 Football First 12.00 Transworld Sport 1.00 Total Rugby 1.30 FIFA Futbol Mundial 2.00 Football First 3.30 Football First 5.00 Football First 6.30 Race World 7.30 Live Premier League Snooker. From the English Institute of Sport in Sheffield. 11.00 WWE: Late Night - Raw 1.00 Extreme Championship Wrestling 2.00 Poker 4.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 X-Adventures 7.00 Transworld Sport 8.00 Watersports World 9.00 X-Adventures 9.30 Total Rugby 10.00 Transworld Sport 11.30 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 NFL: Total Access 2.00 X-Adventures 2.30 Aerobics Oz Style 3.00 Transworld Sport 4.00 Watersports World 5.00

X-Adventures 5.30 Netball 7.30 Golf Night 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 NFL: Total Access 1.00 Golf Night 3.30 Close

British Eurosport

7.30 Yoz Magazine 8.00 WATTS 8.30 Women's International Football 9.45 Women's International Football 11.30 Trial Bikes 12.00 World Superbikes 1.00 World Superbikes 2.00 Women's International Football 3.15 Women's International Football 5.00 Eurogals 5.30 Women's International Football 6.45 F1: The Factory 7.15 World Rally Championship 7.45 World Superbikes 9.45 Boxing 11.45 euroCRASH! 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

10.00 Live Tennis. The Paris Masters. 10.00 ATP Tennis 10.30 The Rugby Club 11.30 ATP Tennis 12.00 Netball 2.00 Premier League Snooker 5.30 Close

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FRI

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31 OCT

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (R) (T) 10.00 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 The Revenge Files of Alistair Fyrie. (R) (T) 4.35 Dani's House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 A Question of Sport. With 1987 Wimbledon tennis champion Pat Cash, former England cricketer Alec Stewart, 1984 Olympic silver medalist Steve Cram and former Coventry City footballer Dion Dublin; (T) BBC News; Regional News. (T)

8.00 EastEnders. Tanya, Jack and the girls rush to the hospital to see Max after the car accident, and it remains unclear who ran him over. Dot pushes Bradley to join the family but he cannot face seeing his father. An argument with Libby reignites a spark between Denise and Lucas, while Bianca confides in Pat about her relationship with Tony. (T)

8.30 After You've Gone. A workplace injury for Kev causes Jimmy problems in both his professional and social life. Starring Nicholas Lyndhurst. (T) 9.00 **Have I Got News for You.** Tom Baker guest hosts the satirical current affairs quiz, with panellists including Chris Addison and team captains Ian Hislop and Paul Merton. (T)

9.30 Little Britain USA. Vicky Pollard is caught trying to escape from boot camp, Emily Howard gets arrested for shoplifting, and Mr Doggy encourages Phyllis to do something very naughty. Gym buddies Mark and Tom have fun in the locker room, while Lou and Andy continue their holiday with a visit to the zoo. (T) 10.00 BBC News. (T)

10.25 Regional News; Weather. (T) 10.35 Friday Night with Jonathan Ross. Broadcaster David Attenborough, actress and pop singer Miley Cyrus and comedian Frank Skinner join the host for a chat, while music is provided by the Killers. (T) 11.35 The National Lottery EuroMillions Draw. Tim Vincent presents the National Lottery EuroMillions weekly draw. (T) 11.40 Celebrity Scissorhands. Lucinda Ledgerwood and Shana Swash are among the famous faces brushing up on their beauty skills under the tutelage of hairdresser Lee Stafford. Presented by George Lamb. (T)

12.40 FILM: Halloween II (1981). Horror sequel, starring Jamie Lee Curtis; (T) Weatherview. (T) 2.15 Sign Zone: British Style Genius. (R) (T) 3.15 Sign Zone: Recipe for Success. (R) (T) 4.00 Sign Zone: Recipe for Success. (R) (T) 4.45 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 Charlie and Lola. (R) (T) 7.10 Pinky Dinky Doo. (R) (T) 7.20 Harry and Toto. (R) (T) 7.30 LazyTown. (R) (T) 8.00 CBBC: Help! Teach Is Coming to Stay. (R) (T) 9.00 Gimme a Break; (T) Bernard. (R) (T) 9.30 Prank Patrol. (R) (T) 10.00 Evacuation to the Manor House. (R) (T) 10.30 Serious Ocean. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Market Kitchen. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Fossil Detectives. The team tracks down evidence of London's ancient past. (T) 7.30 An Island Parish. The economic downturn begins to affect the Isles of Scilly. (T) 8.00 Mastermind. Specialist subjects include folk singer Tom Paxton and the Harry Palmer novels. (T) 8.30 Gardeners' World. Joe Swift celebrates Halloween. (T) 9.00 The American Future: A History, by Simon Schama. Issues of identity in the multi-ethnic United States. Last in the series. (T) 10.00 QI. With John Sessions and Clive Anderson. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 Star Trek: The Next Generation. (R) (T) 1.20 Star Trek: The Next Generation. (R) (T) 2.05 FILM: Harlequin (1980). Thriller, starring Robert Powell. (T) 3.35 Kath & Kim. (R) (T) 4.05 Kath & Kim. (R) (T) 4.30 Close. (T)

Pick of the Day

Have I Got News for You (BBC1, 9pm)

It's not quite clear exactly when or how it happened, but it seems Have I Got News For You has finally lost its current events comedy panel show crown. With a more chaotic and joke-laden approach to analysing the week's events, Mock the Week now appears to be the show that Joe Ordinary is switching on to for his regular dose of satire. However, with a 15-year head start, and appealing to those who want more news than comedy, it doesn't look likely that Messieurs Hislop and Merton will be giving up their team captain chairs just yet. The question remains, however, would the show survive if one or both of them ever died? When Angus Deayton left in 2002, many predicted his departure spelled the end for the show, but it's been going strong with a rotation of guest hosts ever since. But as it slowly begins to close on the two decade mark for this comedy quiz series, one can but wonder what the future holds. This week, comedian Chris Addison is among the panellists joining Ian Hislop and Paul Merton for a satirical round-up of the week's news, while the great Tom Baker presides over the proceedings.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 6.55 Freshly Squeezed. 7.20 Everybody Loves Raymond. (R) (T) 7.50 Just Shoot Me. (R) (T) 8.15 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.10 Charmed. (R) (T) 11.05 Charmed. (R) (T) 12.00 News at Noon. (T) 12.30 Come Dine with Me. (R) (T) 1.50 FILM: The Adventurers (1950). Action adventure, starring Dennis Price. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Aidan Hartley investigates reports of fighting in Georgia's breakaway republic of Abkhazia which, unlike the conflict in South Ossetia, has remained out of the news headlines. (T) 8.00 A Place in the Sun: Home or Away. A financial consultant must choose between Somerset and Italy. (T) 9.00 Gordon Ramsay: Cookalong Live. The chef designs a menu with the credit crunch in mind. (T) 10.00 Alan Carr's Celebrity Ding Dong. Game show in which two teams, both made up of celebrities, attempt to answer questions about the world of celebrity and showbusiness gossip. (T) 10.50 Ricky Gervais: Politics. (R) (T) 12.30 For the Love of God. 12.45 Midnight Madness 2008. (R) 2.15 Goalissimo. (T) 3.05 Beach Volleyball. (R) 4.00 Transworld Sport. (R) (T) 4.50 Countdown. (R) (T) 5.35 Close. (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Funky Valley. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (T) 6.45 Play! (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: Open Heart (2004). Medical drama, starring Raoul Bhenjeja. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Wild Animal ER. (R) (T) 7.00 Five News. (T) 7.30 Escape from Dunkirk. The Allied withdrawal of 1940; (R) (T) 7.30 Five News Update. (T) 8.00 Police Interceptors. Officers pursue a group of car thieves; (T) 8.00 Five News at 9.00 NCIS. Part one of two. The team reels in the wake of the terrorist attack, but tries to avenge Kate's death by collecting as much information as possible on Ari before he does any more damage. (R) (T) 10.00 Law & Order: Special Victims Unit. The team re-opens a 20-year-old case. (T) 11.00 Law & Order. (R) (T) 12.00 Quiz Call. 4.00 Wild Events. (R) (T) 4.25 Great Ocean Adventures. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Lily protests her innocence when Shane questions her about the raffle prize but Edna sees straight through her sister's lies. Shane gives Jasmine a false tip-off about a drugs raid. (T)

7.30 Coronation Street. Ken and Deirdre realise Peter is not handling fatherhood very well. DC Hooh arrives at Roy's Rolls and arrests Becka, while Tony feels worried and angry as Carla leaves for Los Angeles. (T)

8.00 Credit Crunch Winners: Tonight. (T) 8.30 Coronation Street. Rosie makes an ill-fated escape attempt, and a concerned Emily asks Norris if he is a transsexual, while Maria switches on Liam's mobile phone and finds all the calls he made to Carla. (T)

9.00 Wire in the Blood. Part two of two. Tony decodes the meaning of the ritual killings of homeless men and realises a clue to the murderer's identity has been under his nose all the time. Aware everyone has the potential to become a killer, he fails to foresee the threat to his own life from the mysterious stallion. Last in the drama series, starring Robson Green, with Simone Lahbib and Mark Letheren. (T)

10.00 TV's Naughtiest Blunders. Neil Morrissey introduces another selection of X-rated out-takes, including Ant and Dec demonstrating a lack of presenter chic, and the casts of Coronation Street and Footballers' Wives proving acting isn't as easy as it looks. This Morning's Phillip Schofield and Fern Britton, snooker ace Jimmy White and professional celebrity Tara Palmer-Tomkinson are also caught out on camera. (R) (T)

11.00 The Late News and Weather. (T) 11.30 London News and Weather. (T) 11.45 Quantum of Solace: Bond on Location. Daniel Craig and the cast of the new 007 film visit places used as backdrops for the action, from the backstreets of Panama to the driest part of the Earth in Chile. (T)

12.15 Bingo Night Live. 1.20 Planet Rock Profiles. (T) 1.45 Planet Rock Profiles; (T) ITV News Headlines. 2.15 FILM: When Good Ghosts Go Bad (2001). Fantasy comedy, starring Christopher Lloyd. (T) 3.45 ITV Nightscreen. (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amora e Intrigas 1515 Portugal no Coração 1800 Portugal em Directo 1900 O Preço Certo 2000 News 2100 Jogo Duplo 2200 Olla quem Dança 0000 Absolute Power, Film 0200 Kissinger And Nixon, film 0400 Portugal no Coração

RTP2
0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Indisciplinas 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2200 News 2240 Lipstick Jungle 2330 The Choice 2008 0115 Noites da Dois 0200 Palco 0300 Yes, Dear, series 0330 Balança & Contas 0415 Sociedade Civil 0545 Indisciplinas 0615 A Fé dos Homens

SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Como uma Onda 1515 Beleza Pura 1600 Contato 1800 Rebelde Way 1900 A Roda da Sorte 2000 News 2130 Camilo em Sarilhos 2215 Podia Acabar o Mundo 2315 A Favorita 0015 Criminal Minds, series 0115 CSI Las Vegas, series 0215 Todos em Linha

TVI
0700 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes de Júlia 1700 Quem Quer Ganhar 1815 Morangos com Açúcar 2000 News 2145 Euromillions 2200 Feitico do Amor 2245 Olhos nos Olhos 2345 A Outra 0030 Dr Preciso de Ajuda 0200 Sempre a Somar 0330 Hitler: The Rise of Evil, miniseries 0515 TVI Negócios 0530 Telesales

Best of the Rest

BBC3

7.00 Spendaholics 8.00 The Real Hustle 8.30 EastEnders Who'dunnit 9.30 Celebrity Scissorhands 10.30 EastEnders 11.00 EastEnders Who'dunnit 12.00 Family Guy 12.20 Family Guy 12.40 Coming of Age 1.10 Two Pints of Lager and a Packet of Crisps 1.40 Two Pints of Lager and a Packet of Crisps 2.10 Touch Me, I'm Karen Taylor 3.40 The Real Hustle 4.10 Two Pints of Lager and a Packet of Crisps 4.40 Two Pints of Lager and a Packet of Crisps 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 London to Brighton in Three-and-a-Half Minutes 7.35 Nathan Milstein: Master of Invention - Part One 8.30 Only Connect 9.00 In Concert: The Eagles 9.30 In Concert: Neil Young 10.00 Neil Young - Don't Be Denied 11.00 Film: CSNY Deja Vu 15 (2008) 12.30 Hotel California: From the Byrds to the Eagles 2.00 Only Connect 2.30 Neil Young - Don't Be Denied 3.30 In Concert: Neil Young 4.00 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 6.35 The X Factor 8.15 The X Factor - The Result 9.00 Film: Die Another Day 12 (2002) 11.45 Katie & Peter: The Next Chapter 12.45 Celebrity Juice 1.15 Coronation Street 1.45 Coronation Street 2.10 Teen Sex: Too Much Too Young 2.35 Teleshopping 5.35 ITV2

Sky1

1.00 Project Runway 2.00 Max

Magic 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Stargate - Ark of Truth 12 (2008) 11.05 UK Border Force 12.05 Road Wars 1.05 Road Wars 1.55 Miami Uncovered 2.45 Naked in Westminster 3.40 America's Dumbest Criminals 4.05 Brainiac: Science Abuse 5.00 Bite Size Brainiac 5.10 Guilty!

G.O.L.D

1.30 The Dick Emery Show 1.40 Only Fools and Horses 2.20 The Good Life 3.00 My Family 3.40 The Thin Blue Line 4.20 As Time Goes By 5.00 Keeping Up Appearances 5.40 Waiting for God 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 Porridge 10.20 Film: Shanghai Noon 12 (2000) 12.25 The Worst Week of My Life 1.05 What a Carry On! 1.40 What a Carry On! 2.10 The Dick Emery Show 2.25 The Two Ronnies 3.00 Close

TCM

1.00 Somebody Up There Likes Me PG (1956) 3.00 Mrs Soffel PG (1984) 5.00 Les Girls PG (1957) 7.10 Made in Paris PG (1966) 9.00 Poltergeist 15 (1982) 11.05 The Exorcist 18 (1973) 1.20 The Hunger 18 (1983) 3.05 The Thin Man Goes Home PG (1944) 5.00 The Oklahoma Kid U (1939)

The Disney Channel

Kids' programmes from 7am, except: 7.25 Film: Twitches Too PG (2007) Fantasy adventure, starring Tia and Tamera Mowry.

MOVIES

Sky Movies Drama

6.00 A Father's Son PG (1999) 8.00 Eddie Macon's Run 15 (1983) 9.45 London Film Festival Special 10.15 The Thing About My Folks 12 (2005) 12.00 Columbo: No Time to Die 15 (1992) With Peter Falk. 1.45 Saving Milly PG (2005) With Bruce Greenwood. 3.30 A Few Good Men 15 (1992) With Tom Cruise. 6.00 Cocktail 15 (1988) With Tom Cruise. 8.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 10.00 World Trade Center 12 (2006) With Nicolas Cage. 12.15 Summer of Sam 18 (1999) With Mira Sorvino. 2.45 Last Seduction 11 18 (1997) With Joan Severance. 4.45 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.50 Stakeout 15 (1987) 8.50 Antz PG (1998) 10.20 Flushed Away U (2006) 11.50 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 1.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 3.25 Antz

PG (1998) With Woody Allen. 4.55 Flushed Away U (2006) With Hugh Jackman. 6.25 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 8.00 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 10.00 Jackass Number Two 18 (2006) With Johnny Knoxville. 11.40 Reno 911!: Miami 15 (2007) With Carlos Alazraqui. 1.05 Stakeout 15 (1987) With Richard Dreyfuss. 3.05 Jackass Number Two 18 (2006) 4.45 George and the Dragon PG (2004)

Sky Movies Action/Thriller

6.15 The Hunter 15 (1980) 8.05 The River Wild 12 (1994) 10.05 Ransom PG (1975) 11.55 Deja Vu 12 (2006) With Denzel Washington. 2.05 The Hunter 15 (1980) With Steve McQueen. 3.55 The Postman 15 (1997) With Kevin Costner. 7.00 The River Wild 12 (1994) With Meryl Streep. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.10 Outlaw 18 (2007) With Sean Bean. 1.00 Playing God 18 (1997) With David Duchovny. 2.40 Thursday 18 (1998) With Thomas Jane. 4.15 Ransom PG (1975)

SPORT

Sky Sports 1

6.00 Live Test Cricket 11.30 Premier League World 12.00 Live European Tour Golf. The Volvo Masters. 4.00 BMX Series 4.30 World Sport 5.00 Premier League World 5.30 Big League Weekend 1 6.30 Off The Bar 7.00 Premier League Preview 7.30 Live Victory Shield Football. Wales v England (Kick-off 7.40pm). 9.30 Live Friday Night Fight. Kell Brook v Kevin McFlynn. 11.30 Premier League Preview 12.00 Victory Shield Football 2.00 Friday Night Fight 4.00 Big League Weekend 1 5.00 Off The Bar 5.30 Premier League Preview

Sky Sports 2

6.00 Sky Sports Classics 6.15 Race World 7.15 Premier League World 7.45 Live Rugby League World Cup. Samoa v Tonga (Kick-off 7.55am). 10.00 The Rugby Club 11.00 ATP Tennis 11.30 X-Adventures 12.00 Stanford Twenty/20 Cricket 2.00 Premier League World 2.30 Race World 3.30 Test Cricket 5.00 Stanford Twenty/20 Cricket 7.00 Rugby League World Cup 8.30 Stanford Twenty/20 Cricket 10.30 Test Cricket 12.00 NFL: Total Access 1.00 Golf Night 3.30 BMX Series 4.00 Sportation 5.00 NFL: Total Access

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 Netball 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Race World 1.00 NFL: Total Access 2.00 Netball 4.00 WWE: Raw 6.00 World Sport 6.30 Volvo Ocean Race 7.00 Tight Lines 8.00 Golf Night 10.30 WWE: Late Night

- Smackdown 12.30 WWE: Late Night - Bottom Line 1.30 Volvo Ocean Race 2.00 Rugby League World Cup 3.30 World Sport 4.00 Live Test Cricket. India v Australia.

British Eurosport

7.30 Eurogoals 8.00 Women's International Football 9.15 F1: The Factory 9.45 Women's International Football 11.00 Eurogoals 11.30 Trial Bikes 12.00 World Superbikes 1.00 World Superbikes 2.00 Live Beach Volleyball 4.00 Snooker 5.00 Eurogoals 5.30 F1: The Factory 6.00 World Superbikes 8.00 Strongest Man 9.00 Poker 10.00 World Rally Championship 10.30 Yoz Magazine 11.00 Eurogoals 11.30 World Superbikes 12.30 Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30 X-Adventures 7.00 WWE: Raw 9.00 Premier League Snooker 12.30 ATP Tennis 1.00 Live Tennis. The Paris Masters. 5.00 Ocean Race 5.30 X-Adventures 6.00 BMX Series 6.30 Live Tennis. The Paris Masters. 10.30 British Ice Hockey 1.00 Sportation 2.00 Tight Lines 3.00 Ocean Race 3.30 X-Adventures 4.00 Victory Shield Football

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THE PORTUGAL
News

Hi There !



Poppy is a very young female cat (1 year old). She has been abandoned with her kittens on the street 2 months ago, in a very bad state. After 1 month, she turned into a beautiful and well-balanced cat. She loves human company, she is very friendly and sweet. Poppy is no trouble at all! She has been wormed, deflead and

neutered. Call Valérie for a visit (I have also many other cats to show you!) 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr



I am in need of a "special home". I was found at a young age with an injury to my back leg. Because I have nerve damage, I must have an indoor home as I am unable

to protect myself. Affectionate male, approximately 7 months old, sterilized, vaccinated & looking for a permanent home and a warm place to curl up. I have been living at the veterinary clinic for many months now. Please, can you give me the home I deserve? Please call Dr^a Maria José 282 445 648



I have beautiful kittens ready to be adopted at the moment. They feel very lonely and would do wonderful pets if you give them a chance to share your life. A kitten will bring you joy everyday. Believe my experience,

come and have a chat with me, visit my cats and go back home with one or two. They are all wormed and deflead. Call Valérie 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Bianca
Jeli, a very gentle dog of 11 months and chocolate colour is looking for a new home. He has been with the shelter since puppy and even if his siblings were adopted, he

has not had such chance. If you live in the area of Lisbon and would like to have a dog or cat, please contact Association Bianca in Sesimbra. We are a group of volunteers rescuing dogs and cats from the streets in an area that is characterised by one of the major abandonment rates in Portugal. We have many dogs and puppies, cats and kittens that need re-homing. If you cannot take a dog home, you can help us by fostering one. We also need volunteers to walk our dogs and take them to the vet. Please contact: sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and <http://bianca-pet-rescue-adoption.blogspot.com/>

World Feline exhibition



The Cat Show will take place in Lisbon on the 25th and 26th October and starts at 10h00 at the Atlantic Pavilion - Multiusos.

The election of the World Champions 2008 will be announced at the end of the show where more than 800 cats of 30 different races will participate, coming from more than 20 countries. There will also be a cultural animation during the event.

One price only tickets are 4 Euros. Children up to 10 years old do not pay. Senior ticket (over 65) has a 50% discount.

For more information, call: 218 918 409. www.pavilhaoatlantico.pt



Found



This little kitten has a story to tell:
He crawled under the hood of a car that was parked at the Algarve Shopping, Guia, and when the owner came and started the car, he heard strange and funny noises. He headed to a garage and asked the mechanic to look under the hood and... there he was!!!! Surprised, they decided that the best thing to do, was to take him to an Animal Shelter. In the meantime, he has been castrated and is doing well. He is very sweet and purrs loudly when you come near him. He has made lots of human friends and is learning to play with other cats. If anyone out there would like this small adorable kitten, please call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



FOUND running in the São Bartolomeu de Messines area. I am male, un-neutered, very friendly, with 2 collars on. My owner must be missing me. Please call Bárbara on 282 332 416 or 965 135 120.



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An update on Robert



Clare and Robert

Some of you may have seen our advert on the page a few weeks ago asking for information about a Serra da Estrela type dog called Robert that had gone missing.

Robert was found at Merrylegs Pet Resort one morning in one of the paddocks, we were not sure whether he had jumped over or had been thrown over. Anyway we did as always, treated him for fleas, ticks and a small cut he had on his foot, gave him a collar, a name and took care of him, with the intent to find him a good home.

Well, my sister Clare took a particular liking to Robert and really became attached to him, he is a really lovely dog with a very special character and it is very easy to see how Clare became so close to him, I had been away at a dog show the week-

end after he had arrived, when I left he had no name, when I returned he was Robert, so it stayed. (I said immediately it was a silly name for a dog but it kind of suits him).

Robert stayed for about two weeks settling in more and more each day, we realized he had some problems with his hips but he seemed ok. One day, Clare was speaking to one of our customers who have a young female German shepherd cross and wanted a companion for her, Clare showed them Robert, they loved him and said they would take him home to try him, he jumped into their car like it was his and off he went.

The couple live about 5 mins from vale do Lobo and have a lovely big garden for him to romp around in, and he did, they said he was playing with their dog and loving all the space, but

he did find a flaw in their fencing a low bit of wall near the gate and was merrily jumping over then back into the garden, when they had to go out later that day they decided to put Robert in their fully fenced tennis court thinking this would be a safe place for him and he would not escape. When they returned later that day, Robert was gone, he had made a hole in the fence then jumped the wall and was nowhere to be found.

They called us immediately and Clare went out searching and calling for him, but we could not find him anywhere, we told everyone we could and kept searching for days and days, driving around the area, but nothing.

We then put an advert on the page hoping someone may have seen him or might be looking after him.

We did have a few calls, which although were unsuccessful, we were very grateful for, as at least people were taking notice and cared enough to call.

As the weeks went by we often thought where Robert was and just hoped he was ok.

On Sunday morning we began our work as normal it was just another Sunday, we started to let the dogs out, I was at one end of the kennels and Clare was near reception I could hear her shouting so I went to see what was going on, when I arrived I opened the gate and low and behold there was Robert having a massive hug from Clare, who was just saying "Laura, its Robert, its Robert" and it was!! We couldn't believe it, we both stood there for a few minutes, trying to understand what had happened, he looked very well, he still had the collar and the two tick collars we had put on him, he was not too skinny and just seemed very happy to be back.

I set about figuring out how he had just appeared and we went to search the paddock, in one corner there is a slightly lower bit of fencing (its still 6 foot) but on the top we found tracers of his hair, the little tinker had only jumped back in.

Paws4Pets Winners

On Thursday 10th October we picked the winner of our competition which had been running at the new store in Albufeira.

The winning ticket was drawn by Marc Daemon of "Kiss Klassix" and "Kiss-FM" on Thursday, 9th October and was broadcast on his lunchtime radio show on 10th October.

The winner was Lorraine Yates who had entered soon after we opened the new store.

Sadly Lorraine had since been into our store to report her wonderful Cocker Spaniel, Harry, as missing. Lorraine has still not found Harry who she misses terribly.

To add to the story just in case anyone has seen a forlorn looking Harry. This story is directly from Lorraine.

He was last seen by the Barragem do Funcho, Messines, I had taken him there for a walk as a treat (we live in Branqueira). Four dogs were coming towards us and he just ran off scared he literally bolted. I called and called but nothing he had gone up into the hills. I camped out in my van for 6 nights hoping he would come back to the vehicle but nothing. I visited all the houses within 3kms, the police, put up hundreds of posters and still nothing. It's been just over 8 weeks now but I still live in hope that I will find him. Sadly there have been no firm sightings except for the second night from a group of campers.

He is pure black male, has been castrated and was wearing a red collar, any help is appreciated. If anyone has news, contact Lorraine on 915 074 115.

IT WOULD BE A BONUS TO FIND HARRY, WE MUST ALL GET LOOKING.

Lorraine has very kindly decided to donate the food from her prize to Goldra in Loulé, as that is where she found Harry. This is a wonderful thought Lorraine and I just hope that by some miracle Harry is found.

Our next drawer was held, as usual at the Blip exhibition and was drawn by Sheena Rawcliffe.

Those of you that have ever met Robert will understand why we find this so hard to believe, we think he is maybe 7 or 8 years old and is very calm and his back legs are very weak, so how he managed to jump over the fence.

He was away for nearly 6 weeks and somehow he had managed to get from Vale do Lobo back to the kennels, which is about 15 Kms. We will never know where Robert has been for this time, or how he managed to find his way back to the kennels, but we are very happy he did, it also looks like we now have a new member of the Merrylegs family as Clare is understandably refusing to let him go again.

It does prove one thing, that dogs are far more clever than we give them credit for and also to never give up hope on them, Robert had obviously never given up trying to get back to us.



Here is Harry—love him.

Thank you Sheena. The winner of our lucky draw for a year's supply of Burns Real Food for Dogs as drawn at BLiP is Mr Raymond Archer from Alcatel. We look forward to meeting him and his dog soon.

Thank you to everyone who took part in both these drawers and I hope that some dogs somewhere will enjoy their Burns Real Food for Dogs for a while.

We look forward to seeing you all at either our original store in Silves or the new store in Albufeira. Please check the web page and paper for opening hours.

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Jan Cobley

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Special request

An elderly lady has taken seriously ill and is having to very suddenly move back to Norway. Her dogs desperately need a new home. They both have been sterilized, house-trained



and are in good health. They do NOT have to be placed together. The lady is leaving on Saturday and is seriously distraught over the fact that her beloved animals have nowhere to go. The German Shepherd is female and 9 years old with a Watch Dog voice. The male is a mix breed and small enough for the lap. He is 7 years old. Both dogs are house-broken. She is called Lady, and he is called Nikki. Please call HEIDI at 967 929 617 until Saturday morning (25 October), otherwise call Barbara 282 332 416 or 965 135 120, who will know if they found a home.

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ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel: 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND

(PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N° 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negroire, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. Tel: 21 2461596.

LISBON SYNAOGUE: Rua Alexandre Herculano 59, Tel: 213931 130 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

BAHA' FAITH - Av. Ventura Terra, n° 1, Lisboa, Tel: 217590474, E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15 / Portuguese 12.00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English, Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English, Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213421 604. No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11:30am St Luke's, Monte de Palhaqueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 699 & 919055859. 9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almamcil. Contact Rosie 289 328 802. 8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788104. More info: www.stvincentsalgarve.org

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Creche and Adventurers. 10.30am Community Centre, Almamcil (ASCA - Associação Social e Cultural de Almamcil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTAO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm. Rua 25 de Abril, n° 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almamcil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almamcil. Further information, please contact the International Catholic Community of Almamcil (Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays, 10.45 for 11 am at "The Bridge" (A Ponte) in the Cadipraia Shopping Centre near the church. Tel: 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel: 282-086804 or 282-087546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12:30pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amarel Tel: 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESGATE DE VIDA, LAGOS APOSTOLIC MULTI-CULTURAL FELLOWSHIP Raising up a New Generation According to, EPH 4 v 11-12 Prophetic Worship, and a Holy Spirit Inspired Word. We invite you to come and drink of the New Wine. English & Portuguese speaking Translations Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm - 9:30 pm At Rua, Hospital S. Joao De Deus, 300m North of the traffic lights at the Interchange Supermarket on the left next to the video shop. English tel. Michael & Yoka 282 782 845 Portuguese tel Ana 934 241 766 email finlan@sapo.pt

ROMAN CATHOLIC ST. ANDREWS, PENINA

R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service: Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembreiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 485 495. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES In OPORTO—GREATER GRACE now has contemporary worship in Porto as of 11/18: Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.gwwo.org.

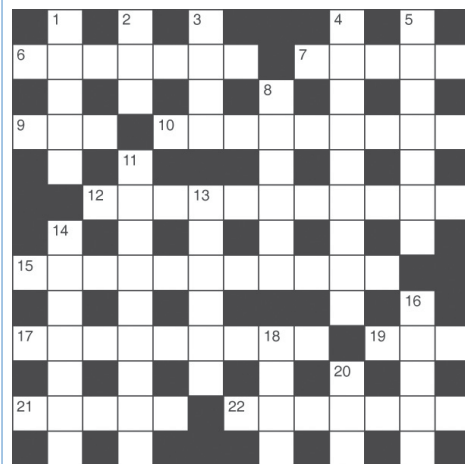
RIVERSIDE PORTO INTERNATIONAL CHURCH—Oporto. A church that is fun and enriching: Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportoo.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde). Service 10am. Salvation Meeting 5.00pm. Coloras Corps (Av. dos Bombeiros Voluntários-ros. Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English, Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

The Portugal News
Crossword No. 215

QUICK CLUES

ACROSS

6. Show (7)
7. Afterwards (5)
9. Owing (3)
10. Distributed (9)
12. Insobriety (11)
15. Rash (11)
17. Aware (9)
19. Summit (3)
21. Criminal (5)
22. Clearness (7)

DOWN

1. Less (5)
2. Fitting (3)
3. Speed (4)
4. Fatherhood (9)
5. Set free (7)
8. Cut in two (6)
11. Accuracy (9)
13. Serviette (6)
14. Bent (7)
16. Loot (5)
18. Unslightly (4)
20. Anger (3)

QUICK SOLUTIONS Nº: 214

Across: 1 Restrain; 5 Need; 9 Spot; 10 Advances; 11 Mount; 12 Private; 13 Stick-in-the-mud; 18 Disaster; 19 Pity; 20 Element; 21 Inert; 22 Side; 23 By-the-bye.
Down: 2 Exploit; 3 Titanic; 4 Independently; 6 Exclaim; 7 Distend; 8 Vanish; 13 Sadness; 14 Instead; 15 Kissed; 16 Expense; 17 Utterly

"The LORD confides in those who fear him; he makes his covenant known to them. My eyes are ever on the LORD, for only he will release my feet from the snare." - Psalm 25:14-15

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Reader: Paul Luckman • Mobile: 917 240 123

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Upward Glance

with Joyce Voelker

Sleep

"Now I lay me down to sleep
I pray the Lord my soul to keep
If I should die before I wake
I pray the Lord my soul to take."

Many Americans who have never prayed another prayer in their entire lifetimes prayed this simple bedtime prayer during childhood. I remember as a young teenager hearing another version from a spinster aunt. Hers went something like this: "Now I lay me down to sleep. I wish I had a man to keep. If there be one beneath my bed, I hope he heard each word I said." Though she was obviously joking, I am quite certain she probably did end each day asking God for a mate and eventually God granted that desire of her heart.

As humans we spend ap-

proximately one-third of our lives sleeping. We need sleep in order to fight off sickness and remain physically, emotionally and spiritually healthy. Sleep is a gift from God. It is good for us. The Bible actually has quite a bit to say about sleep. I have always been encouraged by the truth that God does not sleep. He doesn't even take naps. (Psalm 121:4)

Psalm 4:8 reminds us that God continues to watch over us while we sleep. "In peace I will lie down and sleep, for you alone, O LORD, will keep me safe." I have known a few adults and teenagers who have struggled with worry and have these words inscribed on a plaque and hanging in their bedrooms. Losing sleep to worry does no one any good.

While the Bible admonishes

us to not be lazy, we are also not to become frantic workaholics. Rest is important. God created us to rest and demonstrated its importance by resting Himself once the process of creation was complete. "It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones." Psalm 127:2 While we sleep, God is awake and actively working on our behalf. Those of us who know the Lord, should be able to rest in the knowledge that our Shepherd will meet our needs. Because of this truth, we can sleep in peace.

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god_page

Announcements



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LONELY? BORED? Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more)! Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

DON'T MISS a visit to the FARO JEWISH HERITAGE CENTRE - The only remaining vestige of the 1st post-inquisition Jewish Presence in Portugal. Open Weekdays 9h30 - 12h30. Tel: FJH Centre: 289 829 525 or João (Guide) 936 394 488. www.farojewishheritagecentre.org/

LIONS CLUB de Loulé Autumn Sale - Sunday November 2nd, 9.30 - 12.00 at Centro Comunitário, Almancil. Top quality nearly new clothes, linen, bric-a-brac, shoes and books, at bargain prices. Admission free, refreshments available. Contact 289 416 659.

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Charities

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areôes', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mt.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41 D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

**Entertainment
& Leisure**

'THE ALGARVEANS are currently rehearsing for their autumn show 'Oh What a Lovely War', which will be performed on the 4th, 5th and 6th of November at the Lagoa Auditorium. Proceeds will be shared with the Royal British Legion. Contact Nikki on 917 776 245, nikki_luz@hotmail.com or www.thealgarveans.com

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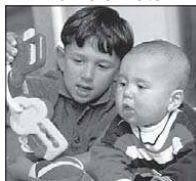
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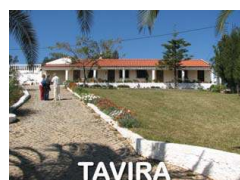
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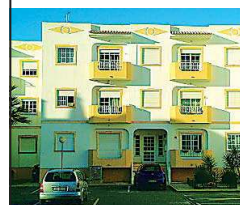
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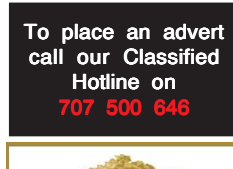
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Quiros on the money



Alvaro Quiros in action during the Portugal PRO AM Masters, held in Vilamoura. (Photo: Lusa / Luis Forra)



Young Spanish golfer Álvaro Quiros has bagged the €500,000 prize money at the second Portugal Masters which took place at the Oceânico Victoria Golf Course last weekend, with a total of 19 shots under par. It was Quiros' first victory since the 2007 Alfred Dunhill Championship, in South Africa, and a timely one, as only a week ago, he was at serious risk of losing his European Tour card.

The only disappointment was the poor turn-out at the event compared with tournaments in Lisbon and organisers would do well in seeking improved promotion for next year's event.

"It was important winning in South Africa because it was my first 'Tour' victory. This one felt better though, as it is a more important tournament and because I was playing well" said Quiros.

His victory allowed him to jump 81 places in the European

Order of Merit, taking him from 105th to 24th position, guaranteeing his place at the Volvo Masters, which will be played in his home town of Valderrama, Spain. Quiros, arguably the best-humoured player on tour, regularly enjoyed a smile and a joke with his playing partners, especially after hitting well over 300 yards with a 3-wood while others struggled to reach the same distance with their drivers.

In keeping with his good humour, which died down as the

pressure started to mount in the final round, Quiros used a casino chip to mark his ball on the greens, and this charm, at least in Portugal, was worth a €500,000 payout.

He dedicated his victory to Seve Ballesteros, who was recently operated on for a brain tumour, and admitted it was his mental approach to golf that gave him inspiration: "Seve is an inspiration to all Spaniards. When things were tough for me, I would remember his recoveries. I dedicate this victory to him."

Despite leading most of the weekend, it was not until the 17th hole of the last round that Quiros gained a two shot advantage as

Karlsson, leader of the European Merit Order, hit his ball into a water hazard and got a bogey whilst Quiros earned himself a birdie.

Quiros ended the tournament with a birdie and a very big smile. He also ruined Karlsson's chance of winning three consecutive trophies, a feat completed last time by golf legend Tiger Woods in 2006.

Quiros took first with 19 under par, Paul Lawrie was second with three additional shots and Karlsson and Webster shared third place.

Portugal's António Sobrinho ended the Portugal Masters two shots over, placing him 59th overall with €8,400 prize money.

Dragons frozen while Sporting stay alive



The Champions League matches this week were filled with goals, but it was not the case for Portuguese teams as FC Porto lost to Dynamo Kiev 1-0 while Sporting also beat Shakhtar Donetsk by a single goal in a scrappy match.

FC Porto had an exciting game against Dynamo Kiev on Tuesday but paid a high price for not having the killer instinct.

It was their second home defeat in 22 UEFA matches, given by Aliyev's first half free kick flyer, 30 metres from goal, which flew past FC Porto's keeper Nuno who was deceived by the swerving shot.

Jesuvaldo Ferreira added a striker to the team in the second half, who goes by the name of Hulk. He had many chances but his accuracy was far from incredible!

The game was fast paced throughout and Porto definitely had their opportunities but neither Lucho's effort, which was deflected to hit the post, nor Hulk's several strikes or Lisandro Lopez's right hand side post skimmer gave them the much needed goal. Porto are now two points behind Dynamo with three points, taking only one victory in three matches, and four points behind Arsenal. They must win against Dynamo on 5th November to have any chance of getting

through the group stages.

On the other hand, Sporting had a glorious night by beating a stronger Shakhtar Donetsk one-nil, thanks to Liedson's decisive goal on the 75th minute. The Brazilian striker has just returned from a serious knee injury and could not be happier as, with his goal, he became the club's best ever scorer in European matches. Both teams were very apprehensive and played defensively during the whole match, risking very little in counter attacks; mainly because a loss would mean serious difficulties for qualification.

Shakhtar tested Sporting's number one several times throughout the match but could not get past him as he made saves left, right and centre. Towards the end, it was Derlei's creativity that gave the back-heel assist to a wonderful left foot strike by Liedson.

Sporting are now strong favourites for going through to the group stages in second place behind the unbeaten Barcelona. Their next match is against Shakhtar, again on 4th November.

SUPERLEAGUE FIXTURES DAY 6

MATCH	DATE	TIME	TV
Trofense-Académica	Friday	20h30	SportTV1
Belenenses-Guimarães	Saturday	18h30	SportTV1
FC Porto-Leixões	Saturday	16h00	SportTV1
Marítimo-Rio Ave	Sunday	16h00	
Nacional-Setúbal	Sunday	16h00	
Benfica-Naval	Sunday	19h00	RTP1
P.Ferreira-Sporting	Sunday	21h00	SportTV1
Braga-Amadora	Monday	19h45	SportTV1

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Steroid consumption rising amongst young



Teenagers consuming doping substances is a problem that is growing among the Portuguese school population and specialists are worried it will have serious repercussions regarding public health issues.

Speaking during the 9th Paediatric National Congress, Luis Horta, a member of CNAD (National Anti-Doping Counsel), referred to steroids as currently being a serious health problem in many countries.

The use of these substances in gyms and schools in more developed countries has reached worrying figures and the problem in Portugal cannot be denied: "The problem is that, for now, we are only seeing the tip of the iceberg" said Luis Horta, also a specialist in sports medicine. He also pointed to globalization as a fuelling mechanism

as several doping substances can be bought easily over the Internet, with very little restriction.

According to a Canadian study about the existence of the problem in schools, published in 1993, around 50 percent of users resorted to steroids to enhance their sporting capabilities and the other half to improve the look of their body.

Negative effects such as impotency, restricted growth, increased body weight and increased aggressiveness are just some of the consequences of anabolic steroids.

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